

AUSTRALIA'S **BEST** PREGNANCY, BABY & PARENTING MAGAZINE

ISSUE 41 * FEBRUARY 2015

my child

GET RID
OF *nits*

STAY
water
SAFE

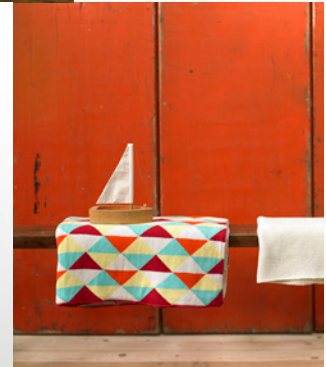
2015
INTERIOR
TRENDS

TOP CAUSES
OF FEMALE
INFERTILITY

10 WAYS TO
PAINFREE
BREASTFEEDING

MEET
THE NAPPY COLLECTIVE

VALENTINE BAKE OFF // HEALTHY EYES // GO BAREFOOT



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Editor's column



SAM
REES-JONES

February already! I know I have thoroughly enjoyed the slower mornings, the long summer evenings, tired children and lack of scheduled days. Christmas becomes a distant memory as back to school prep is eminent and work has started in earnest. This issue we feature a group of wonderful women who do a simple thing like collecting left over nappies to help those in need! We have a lot of Valentines treats to make and share and with a few more months of summer left we look at water safety. We have changed the look of our covers and we would love to know what you think, please let us know. Enjoy our second issue of 2105.

Sam

Make them yourself, these simple hearts are easy and fun to to hang in your house or give as gifts, head to page 90 to find out how.



Cover shot

Our february cover was photographed by Underwater Photographer Pip Harward from Seagypsea on the Gold Coast. Pip specialises in beautiful creative underwater photography and you can contact by emailing info@seagypsea.com



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saving bums saving babies

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BABIES' LIVES**



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Selected range available in Big W.



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...“It’s reassuring
to know I can give
you enough.”...



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Breastfeeding is the best start to life. But there are times when breastfeeding just isn't convenient. In such situations, your child doesn't need to go without your precious breast milk: the new NUK Luna Electric Breast Pump, with its 2-phase rhythm, simulates the natural sucking rhythm of your baby and efficiently expresses your milk. At the same time, its soft silicone cushion ensures a gentle massaging action.

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New to **BABIES R US** **TOYS R US** in February 2015!

my child

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> MATERNITY FASHION



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> OUT & ABOUT



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> OUT & ABOUT



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> TOYS/PARTIES/GIFTS

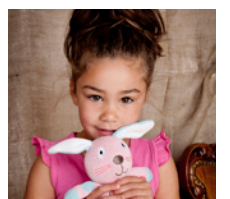


SOLVEJ

solvejswings.com.au

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> TOYS/PARTIES/GIFTS



OUCH

ouchclothing.com.au

Ergobaby, Manduca, Boba, Baby Bjorn, Hugabub, Caboo

> TOYS/PARTIES/GIFTS

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> TOYS/PARTIES/GIFTS



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> TOYS/PARTIES/GIFTS



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pikapu.com

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TES

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kidscircle.com.au

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> BABY FASHION



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> CHILDREN'S FASHION



TINY TRIBE

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> NUTRITION/FEEDING



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> SMART INTERIORS



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> SMART INTERIORS



PETIT

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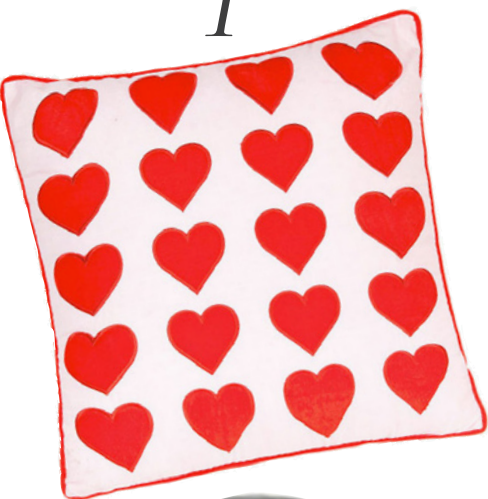
Everything you will need in bedding and decor to create a dreamy nursery or your child's



EDITOR'S PICKS

ALL KINDS OF PRODUCTS CROSS **SAM'S** DESK EACH DAY. HERE ARE A FEW OF HER FAVOURITES

1



1 Lots of love Cushion for any age, \$18.90. Head to cloverleadesigns.com.au.

2



2 Majestic Eames the Elephant. \$460.00 from *Space furniture*. Available in plastic.

3 A bit of Kiwi Culture with these Wahine Stacking Dolls \$59.95 hand painted, in four sizes. Naturebaby.com.

4 A Bobble Art Babushka Duffle bag for overnight stays. \$39.95, See fairyblossum.com.au

3



5 Every boys dream of a Firefighter Toy Box . \$199.99 at toysrus.com

6 Non-edible Mushroom pouffe \$99.95. Brighten up any room from ministyle.com.au

7 Splat the cat available in red and black, perfect to cuddle or just lie on the bed \$99.95. From mocka.com.au

4



6



5



7





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IDEAS





**PRODUCT
OF THE MONTH**

ALL-IN-ONE

The Leander Cot & Bed is without doubt the most stunning European cot in Australia. Designed by Stig Leander from Denmark, it is perfect for lovers of design, quality and function. The cot has 5 different configurations and transforms in tune with your child's development. From a cot to a junior bed measuring 150x70cm. Available from *Danish by Design*



BEST BOOKS

Poppys Walk

Set on the Sunshine Coast of Australia. This is a story about family love, an appreciation of nature, confronting fear, and the wonderful relationship a child shares with her grandparents. Poppy's Walk has over 95 educationally-based differentiated activities relating to the story. (Allenandunwin.com \$29.00).



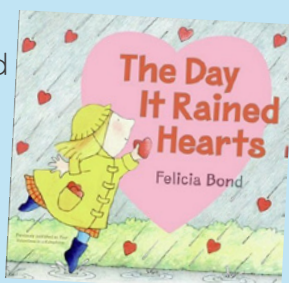
Valentine Hearts

The mice are out and about and today they are doing something very special indeed - today they are delivering Valentines to all the animals in the woods. It is a snowy day so there is much slipping and sliding, sledding and, for one little mouse, an unexpected fall of snow. (Amazon).



The day it rained hearts

One day it rains hearts, and Cornelia Augusta catches them. Each heart is special in its own way, and Cornelia Augusta knows exactly who to send them to. On the day it rains hearts, Cornelia Augusta makes Valentine cards for four of her friends. life balanced (Amazon)



my child loves

Beep Beep! No traffic jams here with the All Aboard musical mobile. Cheerful cars, trains and boats make their way round on this cheerful spinning mobile, perfect to keep young babies amused and help them drift off to sleep. Available from the Gro Store for \$34.00



ONLY ONE HAND

These wonderful nail clippers make it all so easy, they have a special thumb holder to gain better control when clipping baby's nails so you can use one hand! Available from Nuk.com





BE A SWEETHEART

HeartKids Australia is launching Sweetheart Day on 14 February to raise awareness of childhood heart disease and encourage donations to continue their work in providing support, advocacy, growing awareness and enabling further research into CHD.

They are calling on every Australian to be a sweetheart this Valentine's Day and support them in some way. There are a range of activities in each State, including Sweetheart Day merchandise, or you can buy a virtual Valentine's Day gift from their website: sweetheartday.org.au HeartKids Australia's inaugural Sweetheart Day aims to raise awareness of CHD and encourage donations to continue the national charity's support, research, advocacy and awareness work.

CHD is not a single condition. It includes a wide range of heart defects that a child is born with or develops in childhood as a result of other illnesses. These conditions are not the result of lifestyle factors.

So please support HeartKids, be a sweetheart and donate by sending a virtual Valentine's gift at www.sweetheartday.org.au live from 1 February.

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IDEAS



THIS PAGE:
TRIPP TRAPP
CHAIR
BY STOKKE

My 5 favourites

MURIEL ALTINK, DIRECTOR OF EXQUIRA, IMPORTER/DISTRIBUTOR OF STOKKE, BUMBO, DIFRAX, MILESTONE CARDS, SLEEP RUMBLER, TROSTISAR, MOBA & BOBLES, SHARES SOME OF HER MOST LOVED PRODUCTS.

1

My Moleskin Notebook in my favourite colour, red. For the last 5 years, this is my book for all my sales, business calls & meetings notes, besides using my iPad. It's a handy referral and one book lasts me for approx. 9 months.
www.moleskine.com.au

2

Lucas PaPaw ointment, once during summer holidays waiting in the emergency with one of my children with a terrible rash, the nurse told me about the working of papaw. Since then I have always my red tube in my handbag. It works for lots of different things!
www.lucaspapaw.com.au

3

Tripp Trapp chair by Stokke- the most iconic high chair in the market. Designed in 1972 by Peter Opsvik, my dining table has had the colourful ones around it for many years and my daughters are still sitting on them (age 11 & 9), a lifelong investment!
www.stokke.com/en-au

4

I love jewellery and especially necklaces, I don't go for the traditional stuff, I love something different and colourful. Over the years I have received wonderful pieces from my parents & husband. Ayala Bar is a fabulous Israeli designer, her necklaces are handcrafted and limited edition and I own a couple of her beautiful pieces.
www.thefamilyjewels.com.au/collections/ayala-

5

I moved to Australia 14 years ago and still miss my favourite store HEMA in the Netherlands. This no-nonsense department store follows always the latest trends in home wares, kids' stuff, everyday necessities & lots more. I will always visit one of their stores during my trips to Europe.
www.hema.nl

An underwater photograph showing a white, translucent fabric floating in clear, turquoise water. The fabric is draped and billowing, creating soft, flowing shapes. The background is a deep, clear blue, suggesting a deep underwater environment. The lighting is soft and diffused, highlighting the texture of the fabric.

IDEAS



Seagypsea

OF ALL THE PHOTOGRAPHY TECHNIQUES, UNDERWATER PHOTOGRAPHY IS MOST TO GET THE PERFECT SHOT. IT IS USUALLY DONE WHILE SCUBA DIVING **PIP HARWOOD** CREATES BEAUTIFUL UNDERWATER IMAGES





Pip offers parents a wonderful opportunity to see their children enjoying the freedom of swimming. We caught up with her and asked her about her business.

WHEN DID YOU LAUNCH THE BUSINESS AND WHAT INSPIRED IT?

I have been shooting underwater professionally for just over 6 years and I wanted to combine my love and understanding of the water to create a business that was new and exciting, something that is not mainstream. SeagypseaKids began full time at the end of 2012.

WHAT IS YOUR ROLE IN THE BUSINESS?

Currently I am a one man team. I am the photographer, I do all the postproduction. I also do all my own graphics / marketing work

and PR work. It is challenging, but very rewarding all at the same time.

I do most of the day to day work myself, but I employ a PR and editor casually, when my days are very full. I also use swim instructors for school shoots as I put safety first in all my underwater work. I am a qualified dive instructor and e- professional rower, I was on a scholarship to Washington state university where I completed degrees in Marketing and Graphic design, this has allowed me to design all of my marketing collateral and website which is fantastic.

WHAT PHOTO SHOTS DO YOU OFFER?

At Seagypseakids we create an opportunity to capture and cherish precious moments underwater. These moments are the ones unseen, usually mum and dad are sitting poolside during lessons and they don't get to

see the excitement and emotions of their children underwater. My favourite part of my photography is capturing those golden moments so mum, dad and everyone can share in those precious moments. We offer maternity packages, family portrait sessions, sporting events and of course the kids and babies portraiture. My other side of the business is Seagypsea, let's call it the "sister business". Seagypsea offers underwater fashion, portraiture, and lifestyle photography.

WHAT HAS BEEN THE MOST CHALLENGING ASPECT OF SETTING UP THE BUSINESS?

This is a tough one! Getting a foot in the door has been a challenge, as some schools have not had the best of experiences with other photographers who have done similar work. Working underwater is very different to land based or studio photography as you have so many elements battling against you to be able to capture "the shot". I think on a daily basis I am still facing challenges, but this is what makes my photography so rewarding when everything aligns and comes together. Another challenge has been ensuring that the children's safety is held to the highest importance, working with children and babies in and underwater is a challenge in itself but maximizing their safety has required me to work around safety standards and Australian governed water safety guidelines.

IS THERE ANY ADVICE YOU WISH YOU'D BEEN GIVEN?

Buy the most comfortable office chair you can and never take no for an answer!

WHAT DO YOU ENJOY MOST ABOUT THE BUSINESS?

I enjoy building relationships with all the swim schools and creating a mutually beneficial "event" from my sessions. Meeting all the great

mums, dads, carers and families who really give some thought to what they want to achieve in the pool session and seeing the kids dress up in our costumes and jump in the water with confidence is by far one of the biggest enjoyments.

WHAT ARE THE ADVANTAGES OF WORKING FOR YOURSELF?

Having the ability to set my own targets and really go for them. If you don't work hard you won't get anywhere and you have no one to blame! It also gives me the opportunity to travel and photograph so many water confident and smiling kids!

HOW IS YOUR BUSINESS DIFFERENT TO OTHER SIMILAR BUSINESSES?

I specialize in underwater photography. That is all I do. I believe in doing things to the best of your ability, so I have chosen this speciality based on my love for the water. I pride myself on presenting a high quality service and friendly approach to everyone I have the opportunity to work with. I also take pride in delivering a quality product, which comes framed and packaged in state of the art photography folders and packages. We have pre-booked timeslots which enable parents to pick the suitable time for their routine and we offer a free resit if the images we capture are not to the parents expectations. Sometimes the little ones are not happy on the day of the shoot and in this environment they call the shots! We use one of the swim schools instructors to help and comfort the kids and babies in the water to provide a sense of familiarity and comfort and this helps create a relaxed and safe environment throughout the session.

WHAT GIVES YOUR PRODUCT THE EDGE?

We offer a complete marketing and online booking system for the swim schools who are



involved, and this makes it an easy opportunity for swim schools to offer something special to parents as their children progress through their swim training. We understand swim schools are very busy and we want to make the entire process hassle free!

HOW DO YOU MARKET THE BUSINESS?

To date it has been working closely with swim schools in particular areas. We work together to create a session that suits their time schedules. I use social media a lot, and my websites. Word of mouth is a big one too, and I am lucky that I get to work with some fantastic mums who love to tell everyone about their relaxing, safe and fun experience with Seagypseakids photography!

WHAT ARE YOUR PLANS FOR THE FUTURE?

Goodness where do I start! The dream would be to employ photographers to assist me in the business, and ideally have a Seagypseakids photographer in every state within Australia. This way I can offer more flexibility to the swim schools. One day I hope that Seagypseakids photography becomes the go to underwater photography service for swim schools and swimming clubs and we all have a ball offering these unique sessions to the families who learn to swim through each facility. The big plan which is also number one on my Santas wish list is to design and build a large studio pool for private maternity and family portraiture sessions where clients can come to and I can offer sessions from my studio in addition to the swim schools. For now, I am thankful for each opportunity that comes through my inbox every day and with that it inspires me to keep working hard and to stay focused.✱

To find out more about Pip and her photography, email her at info@seagypsea.com.au or go to www.seagypsea.com



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IDEAS



Talking design

ANITA LINCOLNE-LOMAX IS THE OWNER OF ERGOBABY THE BABY CARRIER THAT IS USED BY CELEBRITIES AND IS AVAILABLE TO EVERYONE. SHE TELLS US WHY HER CARRIER IS SO WELL LOVED.

Ergobaby began more than ten years ago, in Maui, with a new mum's humble idea and a sewing machine on a kitchen table.

WHAT IS YOUR DESIGN PHILOSOPHY?

In search of an all-in-one solution that would carry her baby close in a comfortable and ergonomic way, Karin Frost created her own baby carrier and, with that humble design, revolutionised how we carry babies. Her soft structured carrier (SSC) design has become the gold standard, attracting streams of international awards and accolades from parents and professionals alike.

Ergobaby Carriers now give you the freedom to enjoy life's big and small adventures, all while keeping baby close. Ergonomically designed to cradle your baby in a natural sitting position and to evenly distribute baby's weight across your hips and shoulders, Ergobaby Carriers are the ultimate in comfort and ergonomics, allowing you to go far while

staying close.

The latest evolution of the Ergobaby Carrier is the highly-awarded Ergobaby 360 Carrier, which has been designed in consultation with health professionals and parents to ensure an even more ergonomic fit for both baby and parent. The concept for the Ergobaby 360 Carrier was developed in response to parents from around the globe requesting a carrier with an outward-facing option enabling them to share their baby's exploration of the world outside. The innovative and adjustable structured bucket seat design of the Ergobaby 360 Carrier provides the perfect support for baby in an outward-facing front carry position as well as across the three traditional inward-facing carry positions.

Recognised for its ingenuity and revolutionary design, the Ergobaby 360 Carrier has taken out major product awards worldwide in the eight months since its launch. Ergobaby's local Carrier awards and endorsements include:

Visit babesinarms.com.au

WHAT ARE THE BENEFITS OF THE DESIGN?

Babies LOVE the Ergobaby 360 Carrier...and we all know that a happy baby equals a happy parent! The carrier is simple to use, lightweight and comfortable to wear even for long periods of time – which is helpful as the carrier more often than not has a sleep-inducing effect on its little passenger! Endorsed by the Chiropractors Association of Australia, the design offers four ergonomic carry positions and is perfect from birth through to toddlerhood. At the end of the day, Ergobaby Carriers make parenting a little easier and hopefully more fun...and we all need that!

WHAT MATERIALS ARE USED?

The Ergobaby 360 Carrier is made from high quality 100% cotton canvas with a soft cotton poplin lining. Stay tuned for more fabric options launching later this year.

WHAT ARE THE KEY FEATURES?

Ergobaby's revolutionary Four Position 360 Carrier offers parents the convenience of four carry positions, while maintaining the highest standards in ergonomic design to ensure safety and comfort for both baby and parent. The carrier is recommended by and developed in consultation with health professionals

- Aligns with the recommended carry position from the International Hip Dysplasia Institute
- 4 carry positions front, back, hip and outward-facing front carry
- Outward-facing front carry position recommended from 5 to 12 months (6.4-10kgs)
- Ergonomically structured seat supports baby in an ergonomic seated position
- Adjustable seat width and carrier height grow with your baby

- Breastfeed on the go adjustable design allows handsfree feeding
- Comfortable for parents baby's weight is evenly distributed across your hips and shoulders
- Velcro adjustable waistband can be worn high or low for maximum comfort
- Highly adjustable suits wearers from 153cm – 195cm (5' to 6'5")
- Safety tested and certified design (JPMA Certified, ASTM F2236)
- SPF 50+ hood allows for sleeping baby, discreet breastfeeding, and sun/wind protection
- Convenient lightweight, compact, easy to transport
- Promotes mobility great for tight spaces, uneven surfaces and stairs - whether in or outdoors
- Naturally breathable 100% cotton fabric and filling
- The only carrier you'll ever need from newborn to toddler (3.2*-15kg) *with any Infant Insert

HOW DO YOU USE IT?

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IDEAS



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personal trainer to determine baselines and set daily goals.

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i'MFIT are offering My Child readers these fantastic priced trackers for \$79! Head to www.imfit.com.au and use the promo code CHILD to get yours today.

PROFILE





The Nappy Collectors

MEET THESE AMAZING WOMEN WHO HELP MOTHERS
IN NEED WITH A SIMPLE NECESSITY

Jessica Buxton, Lauren Blecher, Lisa Simon, Moran Dvir and Sandra Jacobs from The Nappy Collective



As the nurse handed Emma her newborn, she saw the rope like bruises on her wrists, her eyes met Emma's with a sad knowing smile. Feeling defenseless, Emma looked down at the little miracle in her arms and she knew that she could not go home, she could not live in perpetual fear, and she could not let her son grow into his father. She did not want to be a victim anymore, she did not want to hide and cover the bruises to avoid the sympathetic stares.

She had a life to protect now and she was all he had.

Emma had to run, she had to hide, she had nothing with her but the clothes she came to hospital in, she had no family to go to.

As soon as she was able to leave the hospital Emma bundled her son up and walked to the nearest refuge, she walked into the doors and knew she was safe.

Emma's story is not unusual, domestic violence is the leading cause of death and injury in women under 45, with one in four women is killed every week by a partner or ex-partner and more than one million children affected by domestic violence. In Victoria alone, it's a topic that is concealed and covered over, like Emma's bruises and no-one talks about this endemic problem.

Sandra Jacobs is a mother and a volunteer at a local refuge in her area, she saw firsthand the difficulties these women faced when they come in with nothing.

After a shift at the refuge, Sandra was tidying up and found a leftover pack of disposable nappies at the back of her daughter's cupboard.

Sandra knew that baby supplies were in short supply and everything at the refuge is rationed out, babies were not being changed as often as they could be and it was causing health problems.

The mums cannot use cloth nappies, they are on the run and there are no facilities for

them to clean them properly and this will cause even more health issues.

Picking up the half filled packet Sandra had a 'lightbulb' moment and thought that if she had some left over surely other mums did as well! She thought her little packet of nappies wouldn't do much help for one mum but if there were more parents out there with left over nappies collectively they could make a real impact.

In a matter of weeks Sandra threw together a logo and a website and in October 2013, Sandra and Lisa Midler, held their first collection drive for the Nappy Collective, promoted it on Facebook and set up a drop point at the Staple Store in Ripponlea. In two weeks she had collected 1500 nappies.

“One in four women is killed every week by a partner or ex-partner in Australia, it really has reached epidemic proportions and we as a community have to address it.”

That was just the beginning, in not time at all a board of five women was assembled, all volunteers and from various professional backgrounds.

These women all wanted to help families in crisis and by February 2014 the next collective was scheduled.

With the help of social media they had coordinated 15 drops in Melbourne and five in Sydney and they collected a whopping 26,682 nappies!

The support came from every corner of Australia, from Byron Bay to Hobart, families wanting to help those that needed it.

Leftover nappies are collected in different collection points around Australia, with the help of companies that have come aboard to help the nappies are all dropped off at a storage depot and the volunteers get together

and sort the nappies out into sizes and types. The nappies are then repacked and allocated to each beneficiary.

Some have special requests for example, they donate swimming nappies to a program run by Melbourne City mission for vulnerable young mums that runs swimming sessions for mums and bubs to encourage bonding for the mum and infant development.

The beneficiary then comes along and collects the nappies.

The nappies are primarily donated to women's refuges and mainly those from violent homes. So

many of these mothers arrive with nothing, not even a handbag and they have no or limited money. Many mothers go without food or medicine and nappies are a very expensive necessity.

Many people cannot give money and think they cannot help or make a difference to other mums, but giving something they no longer have use for does make a difference and does help.

“With the help of social media they had coordinated 15 drops in Melbourne and five in Sydney and they collected a whopping 26,682 nappies!”

MY CHILD MAGAZINE SPOKE TO MORAN DIVAN FROM THE NAPPY COLLECTIVE

If people want to get involved, how can they do that?

“People can get involved with The Nappy Collective in various ways through signing up on our website. We are currently seeking to add on more committee members in each of the cities we operate in as well as grow to be in more places especially Canberra, Darwin and Tasmania. We also have people volunteering with us in other ways such as helping to sort



Sandra Jacobs, The nappy collective founder

nappies or assisting to pick up or drop nappies from some drop points. Another great way to support is to simply share us via social media or email with their own communities, or organise a drive at their local daycare, workplace or gym.

Other people with various skills have also volunteered their time such as management consultants, video producers, printers, box manufacturers, PR and media personalities – basically, whatever skill or passion you have can be used in a meaningful and constructive way to help us increase our profile, assist with our logistics, local activities, and collect more nappies to assist more mums in need!”

How does it work logistically in other states?

“Logistics are huge for us. We are pleased that all our nappies collected in each city are then donated back into the local community.

At the end of each collective, nappies are delivered to one central point in each city. A team of volunteers count, sort and pack the nappies by size. These are then boxed and ready for collection by each beneficiary as soon as possible.

Our intention is not to store nappies but to get them out as soon as possible to the people that need them. It would be great to have more



Sorting out nappies at a central collection point in Sydney



volunteers to drop the nappies to the beneficiaries, as many are strained with resources to even collect the nappies for the families they assist.”

“Supplying nappies takes away some financial strain and alleviates the stress and negative feeling of not being able to provide for your baby”

How many nappies were collected at the last collective?

“Our last collective totalled 116,538 nappies in November. In our first year, we have collected 226,207 nappies.”

Why have you all joined this cause?

“We are all very driven to make a clear, tangible impact on the lives of families in need. It’s simple, straightforward but has resonated with so many people. We all have various skills and utilising them this way, and making a collective impact has been so rewarding. We are all passionate advocates of philanthropy and community involvement. One of our favourite quotes (by Ronald Reagan) is “we can’t help everyone, but everyone can help someone.”

Donating some spare nappies has proven to collectively make a huge impact and support so many families in crisis.”

What makes the Nappy collective so successful?

“I think The Nappy Collective has a few elements that really resonate with people which inspires them to act. Firstly, our call to action is really simple – give us your leftover unused nappies and we’ll pass them on to a family in crisis. Secondly, our collectives run for a specific period of time, two or three times

a year. There is very little ‘donor fatigue’ like other campaigns or charities that need ongoing support or action.

Our calls for donations are ‘rested’ in between collectives, so it gives people a time to have a break, accumulate more nappies and a chance for us to diversify our donors.

With around 300,000 babies born every year in Australia, there is no shortage of new parents to target every collective! I also think The Nappy Collective gives a clear, straightforward way for people in the community to directly help mums in shelters and families in crisis (without even opening their wallets).

Donating a few leftover nappies actually feels great when you know that they are going directly to a family in real hardship.

They might be facing homelessness, or living in a women’s refuge, but as parents, we can all relate to wanting to do the best for our kids, even if that’s just giving your baby a clean bottom!

Supplying nappies takes away some financial strain and alleviates the stress and negative feeling of not being able to provide for your baby. I also think the recent spate of

“There is very little ‘donor fatigue’ like other campaigns or charities that need ongoing support or action”

family violence tragedies in the media have helped bring this terrible issue out in the open, and people are thinking and talking about it more. The Nappy Collective brings a small but impactful opportunity to reach out to these families and acknowledge their hardship by donating nappies.

We also operate to the highest standards possible and to what we believe is best practice, whether that’s our logistics, marketing, finance or legal aspect, despite

Domestic Violence

Through its engagement with parents, businesses and the wider community, The Nappy Collective aims to continue building awareness of the epidemic of domestic violence in Australia. Our aim is to engage and inform the wider community of the extent of family violence and its horrific impact on mothers and children. Through donating nappies, the community is showing its support for these women, even if they are hidden away in a shelter. Our message to them from the community is – we support you

The 2012 ABS Personal Safety Survey found: 89 women were killed by their current or former partner during 2008-10. This equates to nearly one woman every week.

- One in 3 women has experienced some kind of physical violence in her lifetime.
- One in 6 adult women has experienced physical or sexual violence by a current or former partner. This compares to 1 in 19 men.
- One in 4 women has experienced emotional abuse by a current or former partner.
- Australian women are most likely to experience violence in their home, at the hands of a male current or ex-partner
- 36% of women have experienced physical or sexual violence from someone they know, 15% have experienced violence from an ex-partner, and for 62% of the women who had experienced physical assault by a male perpetrator, the most

recent incident was in their home. Domestic violence is a vastly underreported crime. Of women who had experienced violence from a current partner, 39% had never sought advice or support, and 80% had never contacted the police. Of women who have experienced violence by an ex-partner, 73% experienced more than one incident of violence, and over half had children in their care when the violence occurred.

Family violence is also a major cause of homelessness among women and their children. The Australian Institute of Health and Welfare's report, Specialist Homelessness Services 2011-12, showed that people experiencing domestic violence made up a third of the 230,000 Australians who accessed specialist homelessness services in that period. The report also showed that of such clients, 78 per cent were female.

Victorian Statistics

According to Victorian Police, during 2012/13, there were 60,829 incidents where police submitted family incidence reports.

This is a rise of 21.6% on the 50,000 reports submitted the previous year. 60,000 incidents in Victoria alone.

For more statistics visit <http://www.ourwatch.org.au/> or <http://www.anrows.org.au/>

Enquiries: contact Moran Dvir 0411158337 or thenappycollective@gmail.com

being volunteers. We are incredibly driven as a national team to collect as many nappies as well as raise awareness with everyone we speak to about, in particular, the plight of mothers in shelters and the challenges they face as mothers with young children in a crisis.”

The stories we hear are truly heartbreaking – mums so strapped for cash they line their baby’s nappy with paper towels or simply don’t change their babies frequently enough, causing other health problems.

Where to now?

“We continue to expand, increasing our reach and presence in as many cities and towns across Australia. We continually receive emails from mums across Australia wanting to donate nappies in areas we do not yet operate. The key for us will be to capitalise on this appetite for helping mums in shelters and families in need in the most efficient and effective way possible.

We also want to set up a social enterprise that employs mums in difficult circumstances and allows them to earn a wage as well as build their confidence and opportunities in their lives.

We hope to continue to engage bloggers, journalists as well as businesses and the general public on the domestic violence crisis in Australia.”

What has been the general public’s reaction?

“The most common response we get from someone is, I never thought about not being able to afford nappies. The stories we hear are truly heartbreaking – mums so strapped for cash they line their baby’s nappy with paper towels or simply don’t change their babies

frequently enough, causing other health problems.

This is all happening in our own country, and we impart this sense of urgency onto everyone we talk to. Domestic violence is a grim, depressing subject, but people have really responded to The Nappy Collective as we offer them a practical, accessible and simple solution to reach out to these mums and families in need to help them.

From day one, we have been thrilled and really buoyed by support from individuals, businesses, government bodies, even celebrities, who have supported The Nappy Collective and its growth and have enthusiastically collected nappies on our behalf, donate nappies, bought nappies, shared what we do, given pro bono support and simply make a significant effort to get the word out about what we do.*

FEBRUARY COLLECTION POINTS

ADELAIDE

ALBURY

ALICE SPRINGS

BALLARAT

BRISBANE

GEELONG

GOLD COAST

MELBOURNE

NEWCASTLE

PERTH

SYDNEY

SUNSHINE COAST

UPPER HUNTER VALLEY

Watch My Child Facebook page for dates.

If you or someone you know is experiencing violence and need help or support, please contact one of the support services below.

Emergency 000

Lifeline 131 114

Family & Domestic Violence Counselling Line 1800 737 732



Stay water safe

YOUNG CHILDREN LOVE WATER AND IT CAN BE FUN FOR EVERYBODY, AS WELL AS GREAT EXERCISE. BUT WATER SAFETY FOR KIDS DEPENDS ON YOU OR ANOTHER GROWN-UP ALWAYS WATCHING YOUR CHILD WHEN IN, ON OR AROUND ANY WATER.

The home environment has many hidden drowning hazards for children.

Drowning deaths can occur not only in pools and spas, but in bathtubs, toilets, washing machines and buckets. Drowning can happen quickly and quietly.

AT HOME

- Always stay within an arm's reach of your child when he or she is in or near pools, spas, bathtubs, toilets or buckets.
- Keep doors to bathrooms and laundry rooms closed.
- Empty all buckets, containers and wading pools immediately after use. Store them upside-down and out of children's reach.
- Always empty the baby bath as soon as you're finished with it so older siblings can't climb in.
- Keep toilet lids closed and use toilet seat locks.

- Close top loading washing machines.
- Use a nappy bucket with a tight-fitting lid and keep the bucket closed, off the floor and out of your child's reach
- Never leave your child unattended in the bath or around any other body of water, even if he or she knows how to swim.
- Never leave your child alone or in the care of older children during bath time.

IN AND AROUND PUBLIC POOLS & SPAS

- All gates to swimming pool areas should always be kept closed.
- Keep older children in sight at all times. Public pool areas can be very busy. Younger children should be within arm's reach.
- Be aware toys and other floating devices as they can block your view.
- If you leave the pool or water area, even for a moment, take the children with you.
- Always check the temperature of the spa



before children get in.

- Children should not put their head under the water in a spa as this could increase the risk of getting stuck in the suction outlets.
- Tie your child's hair back in pools and spas to avoid entrapment.

ON RIVERS AND LAKES

- Be careful not to stand on an overhanging bank.
- Check the current before letting children get into the water.
- Do not let children dive into a river or a lake.
- Enter cold water slowly.
- Avoid swimming near boat ramps or in boating areas.

FISHING AND BOATING

- Always choose a safe spot for children to fish.
- Ensure children wear appropriate clothing and footwear.
- Check that any fishing equipment is suitable for the child's age and size.
- If children are in a boat, they must wear a

lifejacket at all times.

- Lifejackets should be fastened correctly and be appropriate for the child's size and weight.
- The lifejacket should keep the child's head above the water and the child's chin or ears should not slip through the neck of the lifejacket.
- Give children appropriate tasks on boats to get them involved and teach them skills.
- Set safety rules for children on and around boats.

CAMPING OR CARAVANNING

- Many camp grounds are located near natural bodies of water such as lakes, rivers and creeks.
- Campgrounds may even feature man-made swimming pools and water parks. However, even a little water can pose a safety hazard.
- Set the campsite or caravan as far away from the water as possible.
- Ensure there is adult supervision. Resist the temptation to allow children to run freely.
- Check water conditions regularly as these can change quickly, particularly after rain.

DROWNING: WHAT YOU NEED TO KNOW

- Drowning is the number one cause of death for children under five.
- Babies and toddlers are top-heavy, this makes them susceptible to drowning. If a baby falls head first into even shallow water, she can't always lift herself out. Drowning can occur quickly and quietly, without any warning noises.
- In Australia, children under five drown in:
 - swimming pools (19 children drowned in pools in 2012-13)
 - baths (four children drowned in the bath in 2012-13)
 - rivers, creeks and oceans (three children drowned in a river or the ocean in 2012-13)
 - dams and lakes (three children drowned in dams in 2012-13).
- Children also drown in less obvious locations, such as nappy buckets, water tanks, water features and fish ponds – even pets' water bowls.

For every drowning, approximately three other children are hospitalised from non-fatal drowning incidents.

Some of these result in severe brain damage.

AT THE BEACH

- Always swim with children at a beach supervised by lifeguards or patrolled by lifesavers.
- Swim between the red and yellow flags. They mark the safest areas to swim.
- If you are unsure of conditions, ask a lifesaver before letting children in the water.
- Keep an eye on the weather, waves and currents.
- Take children to the rock pool to swim, paddle or just explore. Rock pools provide an enclosed, shallow area away from the surf.

SUPERVISION

- It's important to always stay with your child and watch him whenever he is near water – even when he can swim.

- Always stay within arm's reach if your child is under 5.
- Safety tips for keeping kids safe
- Always supervise children when they are in or around the water.
- Read and obey all safety signs.
- Designate an adult to be responsible for supervising children near water.
- Use a system such as a hat or armband to identify the supervising adult.
- Children of school age should be taught about water safety and how to swim.
- Teach your child to swim, but remember this is not a substitute for adult supervision.
- Learn emergency resuscitation techniques including cardio-pulmonary resuscitation
Training is available from:
St Johns Ambulance
Surf Life Saving



LEARN FIRST AID FOR YOUR CHILD

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- Learn CPR for children and infants
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IDEAS



Get to know...

PINKY THE CREATOR OF BOOBIE BIKKIES.

Why Pinky? – I was actually christened Patricia but got ‘Pinky’ as a nickname when I was a baby. It ‘stuck’ and the year I started school there were five Patricias in my class so I had to be Pinky. Years later, I introduced myself as Patricia when I started a new job nursing in a busy hospital Xray department. I never answered when they called me, it simply didn’t register so again, Pinky stayed.

How and when was the business created?

I have been writing for years and had books

published (Sleeping Like a Baby, Parenting by Heart, 100 Ways to Calm the Crying and Toddler Tactics-Penguin). I started sharing more information through my website such as teleseminars and my blog, speaking at seminars for parents and health professionals as well as working as a lactation consultant in private practice when a friend asked me ‘what are lactation cookies?’

I said , “Oh I have been giving out a recipe for years but the mums I see are so stressed they can barely make a sandwich let alone cookies”.

This friend said, “so why don’t you make them?” For some reason the idea wouldn’t go away and I mentioned it to my designer who told me her housemate manages a bakery. I had a meeting, found a mentor who had recently sold her own cookie company and worked out the team we needed – so we hired a food technologist, consulted with a dietician, met with a bakery, then I went to a big packaging company.

There I was sitting among some of Australia’s biggest brands asking, ‘Can you make a carton like a milk carton?’

It has been such a learning curve - from understanding food laws and labeling requirements to sourcing ingredients, test baking, design, packaging, logistics and marketing.

We have had such a fantastic team, we couldn’t have been where we are without them.

What is your role in the business?

I write all of our copy and blogs (the boobie bikkies blog offers a wealth of researched breastfeeding information), as well as a lot of the marketing and promotions.

My daughter Sarah is my business partner and has come aboard as the business manager as this is her area of training and expertise. She deals with all the logistics and we collaborate on directions, planning and promotions.

How would you describe your products?

Gorgeous!! I am really proud that we have a premium product – Boobie bikkies are made from all natural and organic ingredients that are ‘lactogenic’ so support breastfeeding mothers by boosting energy and supporting a healthy milk supply.

There are no additives or preservatives and each cookie is individually wrapped using a process that maintains freshness. Our cookies

are baked in a certified HACCP bakery so we know that all care is taken to avoid contamination with potential allergens, for instance.

They are really delicious too.

What inspired the design of your products

Through my work as a lactation consultant, I see so many women struggling with exhaustion and lack of confidence about their milk supply so I wanted Boobie Bikkies to be as easy and convenient as possible. For instance, individually wrapping the cookies means mums can grab and go – take them in a bag when they go out or to work. If they open a pack, bikkies will stay fresh if they aren’t eaten all at once. The boxes are safe for postage without breakages, and they make a great gift – one business consultant said to me ‘they look like a chocolate box’. He was a guy so didn’t get it – Mums are doing a huge job nurturing their babies and deserve a treat as well as healthy nutrition, so presentation was important.

What is the toughest aspect of owning your own business?

Keeping an eye on the ball, staying ‘on brand’ and planning for growth. I often say ‘yes’ when I should be saying ‘no.’ I am an ideas person and I will pass these by Sarah who filters everything, saying “that will cost us x so we will need to sell y to break even.” Or “that’s not on brand, so no.”

It’s really all wonderfully rewarding: we have so many women every day giving us fabulous feedback and sharing their breastfeeding success, often with their third or fourth babies when they haven’t managed to breastfeed previous babies.

Which of your products is the most popular?

Our organic oat and vanilla bikkies would be most popular although lots of mums are also



What do you like to do in your spare time?

If I'm not writing blogs or coming up with new business ideas, I enjoy mosaics – I love trawling opshops for old crockery and it's great therapy to smash crockery then create something lovely. I also love spending time with my grandkids – sleepovers are hilarious with us all camping together in the lounge-room.

What are your plans for the future?

To keep on helping more mums enjoy this precious time with their babies. This is a little aside from Boobie Bikkies but all my books are

being recorded as audiobooks. They will be available on audible.com early this year. This is really exciting as so many mums find it difficult to find time to read but can listen as they multitask.

I'm also in a breastfeeding documentary 'The Booby Trap' that is being released soon." (<https://www.facebook.com/theboobytrapdoc>) www.pinkymckay.com and www.Boobiebikkies.com.au,

Facebook pages : <https://www.facebook.com/pinky.mckay.fanpage>

<https://www.facebook.com/BoobieBikkies>
[instagram.com/boobiebikkies/](https://www.instagram.com/boobiebikkies/)

IN MY VIEW



Judgement, with a side of peas

MY CHILD COLUMNIST KYLIE KADEN'S NEW YEARS RESOLUTIONS CHANGED AFTER A TRIP TO THE SUPERMARKET.

I was feeling brave, with a new-year's resolution to 'stress-less' fresh in my mind, I set off for groceries with my boys. It started out positively, making it fun, promising to buy treats for our movie afternoon. And besides master-three's exuberant voice and inner-need to touch everything he sees (despite constant reminders to 'just look') things were going as well as expected. For boys. In a shop that does not contain video games.

As I pondered which bag of frozen peas to purchase, boys in tow, one with biro stripes up his legs due to becoming a zebra that morning, I heard a stranger, in a completely flabbergasted tone, bellow "Can't you do something about your children handling the merchandise? Have you no control?" I closed the freezer door, turned around and realised

the fellow customer was talking to me.

Now I'm the first to admit my children have often been off-the-rails in public and at times deserved a stern word. I have no real objection to the concept. But to chastise me over a child running his pinky along the edge of the fridge, really? It's not as if he was sinking thumbs into eye-filets, hurling oranges at his brother or directly impacting the man or his property. My son was chattering along, grabbing the odd bag of cheese for a look.

To the stranger's surprise, I politely said, "What do you suggest I do?' Press the 'obey' button? Is that the one to the left or right of the mute?"

He lurched back, with spit bubbles at the corner of his lip and said "You could supervise them for a start".

Spoken like a true non-parent. Because of

course, a child won't touch anything if an adult is looking at them, right?

I've developed a thick skin since having children, so I left it at that, gathered up my offspring and my frozen peas, determined to not let him get to me.

But he had. He'd stolen my mojo.

Within two aisles I'd opened the floodgates in my head to all the self-doubts regarding my competence as a parent. Concerned we'd have another run-in before we reached the

"I intend to view my 'spirited' children as kind, competent kids – curiosity, quirks and all, because that's how I hope they see themselves."

corn chips, I strapped the youngest in the trolley, denied the oldest his promised hot-dogs. Convinced their diet was contributing to their unruly behaviour and started to pick at them for the slightest misdemeanour, through gritted teeth.

I'd like to think I am a considerate parent, trying my best to ensure my children's behaviour does not detract from other people's enjoyment of public places as much as humanly possible. So it got to me. By the time we made it to the checkout, the youngest was screaming to be released from the trolley he was shackled to, the others were whinging about 'never getting anything', they fought all the way home, and I felt like I must be doing everything wrong. Not to mention, forgetting the milk.

I spent the afternoon nit-picking, badgering them unfairly, and everything went pear-shaped by the day's end. I saw my children through the judgemental stranger's eyes, like he'd cast a spotlight on all their bad traits. Teamed with my own insecurity, my mind overflowed with thoughts. What am I doing wrong? Am I one of those parents who let their

children run riot in the streets? It was a dangerous concoction.

I realised kids become what we see them to be. If only for a day, my perception of them changed. I judged them negatively and they behaved accordingly. It was a self-fulfilling prophecy.

I remember reading advice somewhere, to instil in your children that they already are what you hope they'll become. To praise a child that struggles with thoughtfulness - saying 'what a kind boy' after the slightest effort to help - so they can start to view themselves in that manner. And from that perspective, they may just begin to believe it.

It's no surprise that positivity is an effective strategy for parents. But I think the concept – to maintain a positive attitude, is broader than that. It should also extend to being positive about our own self perceptions - against signs that our children or parenting is not perfect, whether self-derived, or hurled by a stranger. Because confident parents are effective parents.

Confident parents stick to their guns, provide consistent boundaries, and don't cave at the slightest resistance. They catch their kids doing something good instead of waiting for them to fail. They have faith in their children, and believe, while not perfect, that little ones have a lot to offer the world, and are willing to defend them against anyone that says otherwise.

So I intend to view my 'spirited' children as kind, competent kids – curiosity, quirks and all, because that's how I hope they see themselves.

And to have a little faith in them, and myself.

Kylie Kaden's novel *Losing Kate* is available now from Random House (paperback \$32.99). Also in e-book and IBooks format. Visit kyliekaden.com.au.

www.kyliekaden.com.au



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than just
nappies!

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with expert advice

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skincare ranges

Chemical-free
cleaning products

Chemical-free
baby products

thenappylady.com.au

IDEAS



Circus Toy Box
POA

My business

MARYANNE DEANS KOLEK FROM PINK COYOTE CREATES BEAUTIFULL HAND PAINTED FURNITURE DESIGNED AROUND HER CLIENTS SPECIFICATIONS, CUSTOMIZINE THEIR CHILDRENS ROOMS.

Maryanne started Pink Coyote 2011, she noticed that all the children's furniture available to parents all looked the same, there was no individuality. Maryanne decided that she wanted to create a look that would give parents an opportunity to create a unique look and theme for their child.

And by using a favourite book, story and colours she is able to do just that. There are similar businesses in England and the USA, France and they are all having a real revival as people enjoy the individual nature of pieces of furniture in their houses.

WHAT IS YOUR ROLE IN THE BUSINESS?

I am my business, there is only me! The parents and I, we brainstorm the design, then I paint it, sometimes I will deliver the pieces, as I love seeing them in situ.

I do some marketing, and the occasional artisan markets; it has to be top quality.

TELL US ABOUT YOUR PRODUCTS?

I offer a very narrow range of Toyboxes, keepsake boxes, coathooks, stools, name canvas and recently I have added the Alphabet Cards (which are not printed but



Jungle Stools
POA

they are designed by me). The furniture pieces I use are handmade and high quality they are not mass-produced.

However, I am more than happy to work with an existing piece of furniture that a family may have and even renovate an old favorite chair, or box. People have bought things online and had them sent to me for illustration, it works well and I love it!

WHAT HAS BEEN THE MOST CHALLENGING ASPECT OF SETTING UP THE BUSINESS?

Getting live brick and mortar retailers interested! I had the same business when my family was young and one of the major department stores took it on and it went really

well. For some reason none of them have the vision to offer such exclusivity to their customers.

IS THERE ANY ADVICE YOU WISH YOU'D BEEN GIVEN?

Don't rush into a website, Facebook has been just as effective, more so, especially with Big Cartel.

WHAT DO YOU ENJOY MOST ABOUT THE BUSINESS?

The illustrations, designing a new subject, a few months ago I designed a box based on Jungle Book theme, it was such fun! And wall murals! I am about to start on one soon.

WHAT ARE THE ADVANTAGES OF WORKING FOR YOURSELF?

Burying myself at the studio while I am designing away in peace and fully committed to the process of creating.

HOW IS YOUR BUSINESS DIFFERENT?

It's what the French call an Atelier business, I am an artist creating pieces that are individual and unique that are simply not everyone's cup of tea.

It's very much for those seeking something different from the crowd, expressing their imagination and their child's dreams.

WHAT GIVES YOUR PRODUCT THE EDGE?

No two pieces are ever the same! Every piece is made to order and exclusive to the customer.

HOW DO YOU MARKET THE BUSINESS?

My Child Magazine, Facebook mainly, word of mouth is great too and recommendations is a really good way to get noticed.

WHAT ADVICE DO YOU HAVE FOR OTHER PARENTS WANTING TO START THEIR OWN BUSINESS?

Be persistent, and keep knocking on doors.

While my children were at school I worked in retail both live and wholesale, plus owned my own business in a major mall.

The people I had some great success with were the ones who were creative in approach and I kept knocking on the door.

WHAT ARE YOUR PLANS FOR THE FUTURE?

I would love to see a retailer brave enough to try the concept of offering hand painting to their range of nursery furniture, complete with names and a canvas.

Get that organised feeling.

Label everything before school starts!





This page:
Kip cot from Incy Interiors \$999.00



Nursery and Children's Room Trends for 2015

HOW TO GET THE LOOK

CHRISTIE BLIZZARD IS A WELL KNOWN CHILDREN'S ROOM DESIGNER, SHE SHARES FEW IDEAS THAT WILL ADD COLOR, DEPTH AND SOPHISTICATION TO YOUR HOME WITHOUT BREAKING THE BANK.

When expecting a baby, one of the most exciting moments is selecting their nursery items and creating a little space, perfect for your new little one. Buying furniture can be overwhelming, there are so many options and finishes, not to mention budgets and quality. Be sure to break a few old habits in 2015 and enjoy adding love and light to the zone.

If you want to style a fabulous nursery that will grow with your child, make sure you invest time into researching and investigating before throwing an assortment of styles together and hoping for the best!



STATEMENT SLEEP:

Whether your style is contemporary, vintage or natural charm, selecting the right bed will act as a statement piece for smaller rooms. Whether your style is vintage, contemporary or you're a lover of all things natural, selecting a playful statement bed means there is less need for decorations and clutter.



*Ellie cot from
Malmaison
\$799.00*



*Declan cot from
Incy Interiors
\$699.00*



*Lavender hill interiors
\$1250.00*



Up up and away from Love Mae
\$79.95



Magic circus from the Wall Sticker company
\$59

FEATURE WALLS:

Chose a lovely paint and offset it with vinyl wall stickers (vivid wall decals). Stickers are a hot trend for 2015 as they give parents the flexibility to recreate a space every season. Our kiddies can select from watermelons one week to rainbows and beetles the next. Using stickers gives you the flexibility to remove, replace and re-use without harming the paint. Most importantly, it provides a beautiful opportunity to spend quality time with your little one - talking about concepts and color! In 2015 you'll see a lot of Fabric Wall Stickers and animal designs.



Ice Cream Chalkboard Decal by Fawn & Forest \$ 56



HANDMADE:

You can't go past the personal touches. Handmade and vintage items are always treasure. Upcycle a sturdy chest of drawers or customize an affordable flat pack with a cost of paint and some creativity



SOMETHING NEW... Not just Pink and Blue: Furniture is often selected based on colors that are available, which often restricts decorating. 2015 is all about lashings of color and bespoke bedding. Have fun with color! Use it. Think outside the box and embrace some new not-so-predictable shades. Customize your colors and finishes whether you are after green, blue, pink or rainbow- you're completely in colour-control!



Upcycle from your garage or source off ebay and local Sallies



MIXED FINISHES:

Baby furniture with more than one feature material is HUGE right now. Look for furnishings that have both wood and metal, are colorful and have a little personality to suit your new arrival. A collection of color helps to add dimension and interest and sets a lollypop outlook on life- now, that's so sweet!



A room made with love will always be on trend. For those who are a little older, take the time to sit down with them to talk about their current interests, and design a room that inspires creativity and play! 2015 is all about being bright and happy, so fill the room with love and light! Contact Christie at christie@christieblizzard.com

LET THERE BE LIGHT:

Make the light in your nursery say something about you. Caged lights, concrete pendants and delicate paper fittings all have their place in a nursery. Select the one that works in your space and fit a dimmer switch for those early morning feeds.



LAYERING:

Make your room say something. Create a space with love and warmth. Think gorgeous throws, cushions for the feeding chair and feature pillows to make a statement.



Colour splash

INTERIORS DESIGNER **JANE** FROM MEENYMINY DESIGNED HER LITTLE TYRANTS ROOM USING A MONOCHROME BASE AND ADDING TOUCHES OF COLOUR IT CAN BRIGHTEN THE ROOM

Jane is constantly designing other peoples rooms and when it came to designing her own sons room she felt a little bit intimidated!

WHAT WAS YOUR INSPIRATION?

I am continually inspired by the amazing Instagram community. Being a blog that follows kids fashion and interiors I wondered if I could actually walk the walk! There are some super talented Mummas out there, so when it came to styling my kids rooms I didnt have far to look. And we always try and support small and local businesses where we can, so we are always on the lookout for cool stuff.

HOW DID YOU SELECT THE COLOUR SCHEME?

I knew that I wanted it to be primarily monochrome. It's such an easy base to work with and the end result is powerful and dramatic. After that the room really dictated the colour scheme to me. We found the awesome inflatable dinosaur which in turn went with the quilt cover. And when we received the Freddy Alphabet black and gold cushion, we knew we needed to add the gold Batman mask.

The beauty about a Black and White room is that you can inject lots of little pops of colour without losing the theme.

- I am continually inspired by the amazing Instagram community





WHAT STEPS DID YOU TAKE?

I had collected a few pieces along the way, but basically we put in the large furniture items first, then built the room around that. The hardest decision is where the big items will go, because posters, garlands and other decor are strategically positioned around these things, so move one and everything needs to be rethought.

HOW LONG DID IT TAKE TO COMPLETE?

We moved into a new house that we built about 5 months ago. It was a completely blank canvas, but during the build I had lots of time to think about designing the interior. I had so many ideas swirling around in my head that by the time we moved in I was ready to burst! So it's taken about 3-4 months, but



designing interiors is like making a moving piece of art, it grows and changes and is a constant work in process. So I am constantly thinking up new ideas or finding new pieces I want to interject.

WHAT ARE THE ROOM'S KEY ELEMENTS?

The Flaxa bed from Ikea was a perfect fit with the two black and white Mocka units. The 6 cube unit from Mocka is such a simple piece but really makes the room. We also love the post box bedside table from Mocka as it gives

the room a fun retro feel. I love the Eames Replica rocking chair, and paired with the black sheepskin rug makes for the perfect little reading spot. I love creating little spaces inside a room for kids.

My other fave pieces are the skeleton Lego head storage unit we bought from Cissy Wears in the UK, which can be quite hard to come by these days, our Pale Nulle from Lucky Boy Sunday (which is so beautiful and soft), and of course our Batman posters (from us), or as Henry calls them his masks, which he counts every night.



**Hand-illustrated
furniture** for your child.

**Designs inspired by
you** to create magical
spaces for your child!

pinkcoyote.com.au

facebook.com/pinkcoyote.com.au

M 0414 260 110



DO YOU HAVE A DESIGN MANTRA?

I think primarily kids rooms need to be fun. It can't be about us, it has to be about them. This was my Mantra for Henry's room - Does he love it? Is it easy to keep clean? Will it kill me or another human when he throws it? Will I cry when he inevitably breaks it?

WHAT'S NEXT?

I have just bought the most divine Mini Willa prints which I have had my eye on for a while. So they are my inspiration to do the playroom! Find out more at <http://meenyminy.net/>

IDEAS



Into interiors

WE CATCH UP WITH **KRISTY WITHERS** WHO HAS BUILT AN INTERIOR STORE THAT HAS SOME BEAUTIFUL DESIGNER FURNITURE FOR BABIES AND CHILDREN

HOW DID YOU GET INTO BUSINESS?

My pre-Incy experience was working for big corporations doing marketing. My last job was managing the Marketing team at eBay Australia. When Oscar was 2 years old I started the search for his 'big boy' bed. I had the ideal bed in mind (the Oscar bed) but I couldn't find it anywhere. I tried to import beds, have them made, buy old ones and have them repainted but nothing worked. I also travelled a lot with work so I was seeing all the amazing products available internationally. Basically I harped on and on to anyone who would listen about how we didn't have anything in Australia. Finally it got to the point whilst I was on holidays that my husband said 'for god sake just do it and stop talking about it'. That was the push I needed and as they say the rest is history.

HOW DO YOU FIND THE TIME?

When I was starting out and I worked from home I felt like I did nothing but work. Now I work full time in an office and I split my home life from my work life I have a much better balance. The good thing about being short on time is that you have to prioritise and work on the things that really matter.

HOW BIG IS YOUR TEAM?

There are 14 people in our little Incy team including myself.

YOUR FAVOURITE THING ABOUT YOUR BUSINESS?

It sounds cliché but I get to do what I love everyday so it never feels like work. I also get to work with the most amazing people – the Incy team, our stockists and the brands we sell. Working with such creative people inspires me to do more.

TELL US ABOUT YOUR PRODUCTS/ SERVICE?

Incy Interiors started out manufacturing and selling designer children's furniture, we have since expanded into a small adult range of beds and have opened a couple of stores stocking our favourite brands. Basically we specialise in designer bedroom furniture and accessories for the entire family.

WHAT HAS BEEN THE HARDEST THING?

Definitely the hardest thing was understanding the operational side of the business. Warehousing, freight, customs clearance, etc were all completely foreign words to me. Nothing teaches you something quicker than being in the thick of it.

WHERE TO FROM HERE?

We cannot sit still at Incy so we have big plans for this year. We will be launching in the US and we also have a diffusion range coming out in late February, we have another big year coming up!

You can meet Kristy at the Kids Instyle Exhibition on the 19-22 Feb at the Royal Hall of Industries, Sydney.

PARTY



Renee's B

Pretty in pink

BELINDA HAS A SPECIAL TALENT FOR GOING THE EXTRA MILE AND PUTTING THOSE LITTLE TOUCHES TO EVENTS THAT WILL HAVE YOUR GUESTS "OOHING" AND "AAHING". THIS MONTH WE FEATURE ONE OF HER BABY SHOWERS





Baby Shower

A GIRL

Cupcakes

Cookies

party



"A baby shower is all about celebration"



A baby shower is all about celebration – a chance to spend quality time with the women in your life before you are interrupted by a little one every five seconds and a chance for the people who love you to shower you with good wishes and practical baby items! A great baby shower is one that is full of love and fun.

Renee's cousin, sister and mother helped organise a lovely afternoon tea for her Baby Shower. Renee had found out that she was having a baby girl and loved the soft colours of pastel pink, peach & cream.

A whimsical vintage birdcage design was selected as the theme for the day and the girls indulged in decadent desserts presented on a

beautifully styled dessert table created by Styled By Belle.

The feature cake was made in the shape of a stunning birdcage featuring handmade sugar flowers and a sweet mumma & baby bird. Other desserts included rosette buttercream flower cupcakes in shades of pinks and peaches; strawberry macarons made in the shape of little birds; white chocolate cakes pops; and vanilla cookies which each featured beautiful baby designs such as rocking horses, prams, bibs and onesies.

Styled By Belle also set up a tea & coffee station where guests drank from vintage tea cup sets. It was a perfect girly afternoon tea to celebrate Renee's impending birth!



“An eclectic mix of colours and shapes”

Belle, co-ordinates the party with her book of extensive contacts, this baby shower was put together with the help of the following suppliers:

Dessert Table: Styled By Belle (www.styledbybelle.com.au)

Cake, Cupcakes: Queen Baker (www.queenbaker.com.au)

Macarons: Macarahrah (www.macarahrah.com.au)

Cake Pops: Cupcake Occasion (<https://www.facebook.com/CupcakeOccasionMelbourne>)

Cookies: Miss Biscuit (www.missbiscuit.com.au)

Graphic Design: Sweet Scarlet Designs (<https://www.facebook.com/sweetscarletdesigns>)

Hanging tissue decorations: Ruby Rabbit Partyware (www.rubyrabbit.com.au)





FASHION



HE WEARS TROUSERS \$59.97, SHIRT \$ 69.97
SHE WEARS SLEEVELESS TOP \$41.97. SKIRT \$87.96
BY CATIMINI.COM.AU

TURNING UP THE HEAT



FASHION



GENTS IN THE HOOD



RED STRIP HOODIE \$52

TWILL SHORTS \$42

by Andy & Evan



1



2



3



4



5



6



7



8



9

1| BASEBALL CAP \$35.97
by catimini
catimini.com.au

2| CHECKSHIRT \$29.95
by ouch
ouch.com.au

3| PRINTED TEE\$20.95
by pumpkinpatch
pumpkinpatchcomau

4| SEAL SHOW \$17.99
by munchinandmore
munchkinandmore.com.au

5| LACELES SNEAKERS\$35.99
by pumpkinpatch
pumpkinpatchcomau

6| TOMATO \$24.95
by havianas
havianans.com.au

7| BOARDIE \$54.95
byMinti
tinytrader.com

8| CHECK SHORTS \$46.95
by Fox & Finch
hippityhop.com.au

9| DENIM SHORTS \$22.95
by milky
hippityhop.com.au

FASHION



LADIES IN WAITING



GLITTER RED SHOES BY BEAUTIFUL SOLES. \$39.95
beautifulsoles.com.au



1| ALL HEART TU TU DRESS.\$23.95
by Hootkid
hootkid.com.au

2| MELISSA HAT \$34.95
by Milt And Joe
miltandjoe.com.au

3| SEQUIN T \$39.95
by Minihaha
nutmeg.com.au

4| BALLOON PRINT DRESS \$25
by Next
next.com.au

5| BORDER PRINT SCARF \$8.00
by pumpkin patch
pumpkinpatch.com.au

6| SUNGLASSES \$8.50
by Next
next.com.au

7| CHAMBRAY SHORTS \$44.95
by Minihaha
baby2kids.com.au

8| BIRDIE SKIRT \$54.95
by Milt And Joe
miltandjoe.com.au

9| PAPILON SKIRT \$39.00
by Eternal creation
eternalcreation.com.au

COOKING



Nutty fun!

STACEY DEUTSCHER FROM 'A HEALTHY MUM' SHARES HER QUICK AND EASY TWO INGREDIENT BISCUIT WITH US.



NUTRITIONAL TIP

The more ripe the banana the more concentrated its natural sugars are. This makes them especially perfect for baking.

FRUIT PLATTER

PREP TIME 5 minutes COOKING TIME 25 minutes SERVES 7

INGREDIENTS

¾ cup shredded coconut
1 large, ripe banana

METHOD

- Preheat your oven to 180°C and line a baking tray with a sheet of baking paper. Toast the coconut in a pan over a medium heat until it is lightly browned.
- Add the banana to a blender with the toasted coconut. Pulse until the mixture comes together and the coconut is fine.

Shape the mixture into discs and space apart evenly on the baking tray. If the mixture is runny, spoon it onto the tray. Bake the cookies until golden (approximately 25 minutes).

TO SERVE

These cookies are delicious served as is or for something extra special, use them to make healthy ice cream sandwiches. If they go soft, pop them in the freezer and they will crisp up nicely.

STORAGE

Fridge for 3 days or Freezer for 1 month

ALLERGIES

Grain-Free Gluten-Free, Nut-Free, Dairy-Free, Egg-Free, Refined Sugar-Free, Freezer-Safe

Stace loves to create healthy recipes the whole family can enjoy together. She is an accredited health and wellness coach with years of experience in the kitchen developing recipes for both personal and corporate clients. Jump over to ahealthymum.com to view her long list of healthy recipes and to download her free e-book, *10 in 10 Breakfasts*, or visit her on Facebook at facebook.com/ahealthymumpage or Instagram at [a_healthy_mum](https://instagram.com/a_healthy_mum).

COOKING



Love is in the air

WE HAVE FOUND SOME FABULOUSLY EASY VALENTINES
GOODIES TO MAKE AND SHARE





VALENTINE WHOOPIE PIES

INGREDIENTS

Makes: 10 whoopie pies

For the whoopie pies

- 60g caster sugar
- 100g unsalted butter, melted
- 1 egg
- 150g plain flour
- 50g ground almonds
- 1/2 teaspoon vanilla extract
- red food colouring

For the buttercream

- 75g butter
- 100 g icing sugar
- 1 teaspoon water
- 1 or 2 drops of almond extract
- red food colouring

METHOD

- Preheat oven to 180°C/160°C fan-forced. Line 4 large baking trays with baking paper. Using an electric mixer, beat butter, sugar

and vanilla until light and fluffy. Add eggs, one at a time, beating well after each.

- Add food colouring. Beat until combined. Meanwhile, dry ingredients into a large bowl.
- Add half the flour mixture to butter mixture. Stir to combine. Repeat with remaining flour mixture and butter until just combined.
- Drop level tablespoons of mixture onto prepared trays, 5cm apart, allowing room for spreading.

Bake, one tray at a time, for 8 to 10 minutes or until puffed and cooked through. Stand on trays for 2 minutes.

Transfer to a wire rack. Cool. Repeat with remaining trays.

- Make buttercream filling. Using an electric mixer, beat butter, icing sugar and vanilla together until pale and fluffy. Beat until smooth and combined. Sandwich level tablespoons filling between cakes.

CHOCOLATE DIPPED STRAWBERRY POPS

INGREDIENTS

- 24 average size strawberries, dry
- 1 ½ cups baking chocolate
- ¾ cups pink candy melts (or use white cooking chocolate and food colouring)
- ¾ cups white candy melts
- ¾ cups red candy melts
- Valentine sprinkles
- 24 lollipop sticks

METHOD

- Pinch the stem and leaves off the top of each strawberry and gently insert a lollipop stick in the center. Prepare a piece of styrofoam to hold the pops, by punching 24 holes in it with one of the sticks.
- Using a double boiler, slowly melt the chocolate over low heat. (Or use the microwave method - Microwave in 30 second increments, stirring in between, until melted.)
- Dip the strawberries in the chocolate, coating down to the stick. Make sure there are no gaps/bubbles anywhere or the strawberry juices will seep out. Gently shake off the excess and place in the Styrofoam holder to dry.
- Once the chocolate is dry, repeat this process with the colored candy melts, alternating colors, and dipping less deep into the melted chocolate to create colored layers. (You may have to reheat/melt your colored chocolate a few times during this process.)

After the final dip on each pop, quickly sprinkle the top with Valentine colored sprinkles and place back in the holder to dry. Wrap and gift immediately.

Recipe by a spicy perspective



RED VELVET COOKIE POPS

INGREDIENTS

For the Red Velvet Cookies:

- 1 stick unsalted butter, softened (1/2 cup)
- 1/2 cup sugar
- 1 egg
- 1 tsp vanilla extract
- 1/2 tsp rice vinegar
- 1/4 tsp salt
- 2 tsp unsweetened cocoa powder
- 1 1/4 cups all-purpose flour + extra for rolling
- 1/4-1/2 red food coloring gel

For the Cream Cheese Frosting:

- 125 g cream cheese
- 1 tsp vanilla extract
- 1 pinch salt
- 1 1/2 cups powdered sugar + extra for sprinkling
- 16-17 lollipop sticks

METHOD

- Using an electric mixer, cream the butter and sugar together until extremely light and fluffy, 3-5 minutes. Then add the vanilla, vinegar and egg and beat until well combined.
- Then beat in the salt, cocoa powder and food coloring, scrape the bowl and beat again for even coloring. Add the flour slowly and beat until just combined. Press the dough flat on a piece of plastic wrap, and wrap well. Refrigerate for at least one hour.
- Preheat the oven to 190C and line two cookie sheets with parchment paper. Flour a work surface, then roll the dough evenly to 1/8 inch thick. Using a 2 inch heart cookie cutter, cut out the cookies close together. Use a small spatula to carefully move them to the cookie sheets. Gather the remaining dough and reroll and cut to get 32-34 cookies. (Cut the cookies close together and do not roll the dough more than twice, or the cookies will be tough.)
- Bake for 6-8 minutes. They should come out of the oven soft, not crisp. Cool completely on the baking sheets.
- Using an electric mixer, beat the cream cheese, vanilla, and salt together. Slowly add the powdered sugar until smooth. Place the frosting in a piping bag.
- Turn half of the cookies over and pipe a thick ribbon of frosting in a V shape on the flipped cookies. Press a lollipop stick into the frosting, then gently press another cookie on top to flatten out the frosting. Allow the red velvet cookie pops to dry a bit (30 minutes) for the frosting to set up and hold the cookie on the stick. Sprinkle with powdered sugar and serve.

Recipe by a spicy perspective





VALENTINE CHOCOLATE BARK

INGREDIENTS

- 400g red candy melts
- 1 cup pink candy melts
- 1 tsp strawberry or cherry extract
- 350g good chocolate, chopped
- 1/3 cup whole salted cashews
- 1/3 cup dried cherries
- Valentine sprinkles

METHOD

- Lay out a large piece of parchment paper or foil. Place the red candy melts in a microwave safe bowl, reserving 1/3 cup of red candy melts for later.
- Microwave the candy melts for 1 minute. Stir and repeat. Stir thoroughly, until the candy melts are smooth. If needed, microwave for another 30-60 seconds.
- Pour the candy melts out onto the parchment paper and spread into an even layer approximately .2 inches thick. Cool completely to harden. (To speed up hardening, I put the parchment paper on a baking sheet and pop it in the fridge for 1-2 minutes while you preparing the

next layer.)

- Next mix the strawberry extract with the pink candy melts and repeat the microwave melting process. The extract will alter the consistency of the pink mixture--it will melt but not pour. Using a spatula, spread the thicker pink mixture evenly over the top of the hardened red layer. Cool to harden.
- Repeat the melting process with the chocolate. Pour over the hardened pink layer and spread evenly. Before it dries, quickly sprinkle cashews, dried cherries and Valentine sprinkles over the top. Cool to harden.
- Take the reserved red candy melts and melts them in the microwave. Pour them in a small zip bag and snip off a tiny portion of one corner. Squeeze the bag to drizzle the red over the top of the bark. Cool completely to harden. Once hard, cut into pieces.

Recipe by a spicy perspective

You get candymelts from here
http://www.cakesaroundtown.com.au/chocolate-candy-melts-c-29_258.html

LEMON RASPBERRY CUPCAKES

INGREDIENTS

For the Cupcakes:

- 3 cups light all-purpose flour
- 2 cups sugar
- 1 Tb. baking powder
- Zest of 2 lemons
- 3/4 tsp salt
- 1 cup (2 sticks) room temperature unsalted butter, cut into 1-inch cubes
- 4 eggs
- 1 cup whole milk
- 1 Tb lemon juice
- 1 tsp pure vanilla extract

For the Raspberry Frosting:

- 1 cup cold cream cheese
- 3/4 cup room-temperature butter
- 1/2 cup raspberry jam ("spreadable fruit" is thicker and easier to work with)
- 1/2 tsp. vanilla
- Pinch of salt
- 1 drop red food colouring
- 3+ cups powdered sugar

METHOD

- Preheat oven to 160° c. Line cupcake pans with paper liners and spray the liners with non-stick spray. (It makes the liners peel off easier.)
- Combine flour, sugar, baking powder, lemon zest and salt in an electric mixer. Mix on low speed until combined. Add the butter, mixing until just coated with flour.
- In a bowl, whisk together eggs, milk, lemon juice and vanilla. With the mixer on medium speed, add the wet ingredients in 3 parts, scraping down the sides of bowl before each addition; beat until ingredients are incorporated but do not over-beat.
- Divide batter evenly among liners, filling about two-thirds full.
- Bake, rotating pan halfway through, until a



cake tester inserted in the center comes out clean, 17 to 20 minutes. Transfer to a wire rack to cool completely. Repeat process with remaining batter. Should make about 30.

- In the electric mixer, beat the cream cheese, butter and jam together until smooth. Add the vanilla, salt and food coloring; mix until an even colored pink is reached.
- Turn the mixer on low and add the powdered sugar a little at a time to avoid a sugar cloud. Then turn the mixer up until the frosting is smooth.
- Place in the refrigerator until and cupcakes are cooled and ready to be frosted.
- Once the cupcakes are completely cool, frost the cupcakes and garnish with fresh raspberries.

Recipe by a spicy perspective



VALENTINE BISCUITS

INGREDIENTS

For the biscuits

- 250g butter, softened
- 320g sieved plain flour
- 125g sieved icing sugar
- 1 tablespoon milk
- 1 teaspoon vanilla extract

METHOD

- Mix butter in a mixer until light, add remaining ingredients.
- Knead until velvety.

Roll one-half of the dough at a time to about 6mm thickness using the smallest amount of flour possible.

- Cut out and bake on a lightly greased baking tray for 12 minutes.
Cookies will be almost white when cooked.

ICING

- 1 cup icing sugar
- 4 tsp Milk Instructions
- Mix with fork!
- You can customize this recipe by adding powdered sugar to make it thicker. Add more milk to make it a glaze.

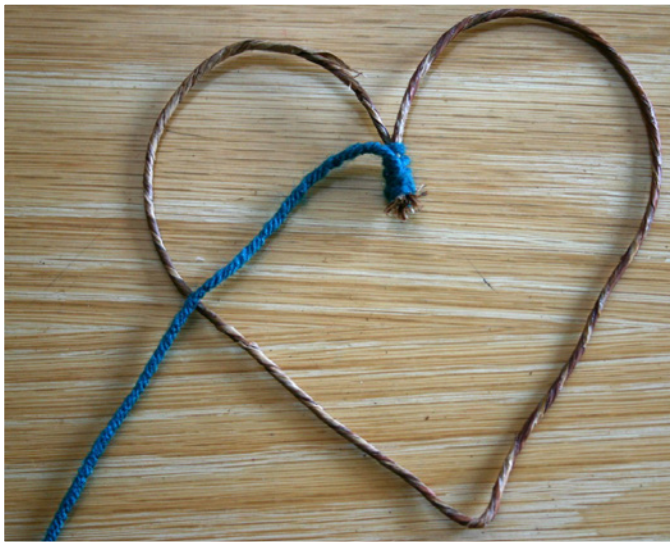


Be my Valentine

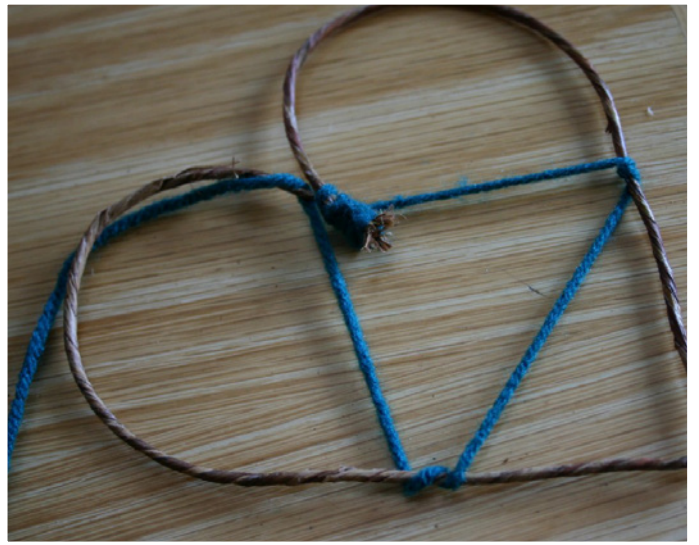
To make these you will need: rustic floral wire (available in the floral section of any craft store – it's like wire wrapped in craft paper), wire cutters, coloured wool and scissors.



Clip off a length of floral wire and bend into a heart shape; twisting the ends together to secure.



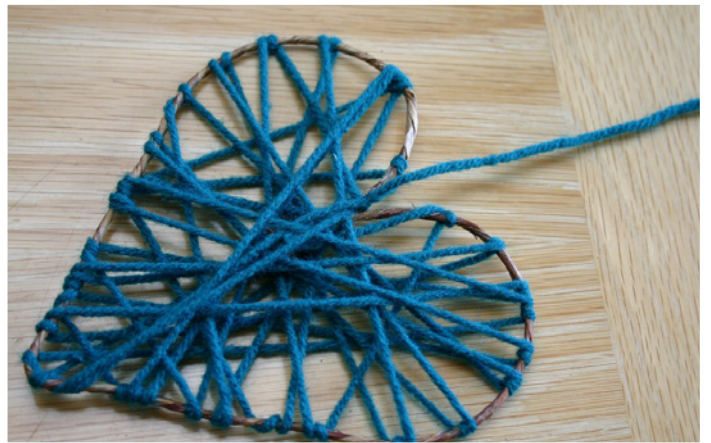
Tie the wool onto the heart.



Pull the wool across the heart, wrap around wire and pull wool across to the other side.



Wrap the wool securely so there is no slack. Zig Zag till you have filled as much as you want.



Tie a knot and cut the wool with enough length for hanging.



You could also tuck a note inside and give it as a valentine.



Or hang the hearts around your home.

TRAVEL



WALKING ON WATER

Holiday Finale

WITH TWO WEEKS LEFT OF SCHOOL HOLIDAYS IT IS HARD TO FIND WAYS TO KEEP RESTLESS CHILDREN OCCUPIED! **JESSICA RILEY** WENT OUT TO SEE WHAT THERE IS TO DO.

Just a couple of hours drive south from Sydney she found the beautiful unspoilt Shoalhaven and Kiama. This hidden gem is a perfect area for a family-friendly weekend getaways or a just day trip with the kids during the school holidays. Taking a break at Easter is also fantastic way to make sure you keep those batteries recharged.

The wide variety of exciting attractions and things to see will have the kids eagerly asking ‘are we there yet?’ and are sure to be a hit at show-and-tell!

FLEET AIR ARM MUSEUM

You would think this is aimed for the boys but there is a lot to interest mechanically minded girls as well. The Fleet Air Arm Museum is located at the main entrance of HMAS Albatross, the Royal Australian Naval Air Station at Nowra Hill, NSW and the displays trace Australia’s naval aviation history from its commencement during World War One, up to and including current Navy operations at

sea with ship-borne helicopters. Together with over thirty heritage naval aircraft and helicopters, there is a research library and archive, art gallery, gift shop and the Flight Deck Café which overlooks the airfield.

JAMBEROO ACTION PARK

If you want your family to sleep well, this is where you go! Located just over an hour south of Sydney and during the 2014-2015 Season they are open on selected weekdays, every weekend, School and Public Holidays to April 2015. Set amongst 40 hectares of landscaped gardens and parklands, it’s the perfect setting to relax or join the kids on a HUGE range of water slides and attractions within the park! “Get Bitten by the Funnel Web”, the longest, biggest and most exhilarating water thrill ride in the World!!! or enjoy Banjo’s Billabong a four storey, Australiana themed interactive water play area with over 198 different water features crowned by a huge bucket, which tips 1200 litres of water over the structure every



JAMBEROO ACTION PARK

few minutes. There's so much to see and do you might need to make a weekend of it!

JERVIS BAY WILD

Dolphins really are majestic creatures and to be able to get on eye level with them is a privilege. Dolphin and Boom Netting Cruise (from 1 Dec to 30 April 2015): Cruise the beautiful waters of Jervis Bay, see the resident pods of dolphins, then enjoy the fun and excitement of boom netting along pristine beaches and crystal clear waters. Port Venture is Jervis Bay's only boom netting boat and it's an experience like no other. The kids love it and it's a perfect way to see the sights that Jervis Bay has to offer.

Port Venture is a disabled access vessel with disabled amenities on board and has a sea crane for those who have a disability can even enjoy the boom net. This vessel can be tide dependent.

ILLAWARRA FLY TREE TOP WALK AND ZIPLINE TOUR

It really is like flying at the Illawarra Fly Zipline Tour involves flying on a series of cable spans and suspension bridges up to 35 metres above the forest floor!

The experienced guides control all departures and arrivals whilst providing you with an insight into the forest's history and its features with unparalleled views of everything from the forest floor, into the canopy and out to the Pacific Ocean.

For 2.5 hours you can truly immerse yourself in the natural environment, you feel like you are far away from civilisation.

The award winning Illawarra Fly Treetop Adventures is one of Australia's premier treetop walk and zipline experiences.

The 1.5km return walk takes in native rainforest, the steel walkway which features two gently swaying cantilevered arms, and a

central tower raised nearly 50 metres from the forest floor.

Positioned 710 metres above sea level, the stunning panoramic views take in everything from the rainforest canopy, coastal towns and out to the Pacific Ocean.

Illawarra Fly Treetop Adventures is a great day out for families, couples or groups of friends.

Located in the Southern Highlands of New South Wales, less than two hours from Sydney and less than 1 hour from Wollongong.

WALKING ON WATER:

Water babies will be in their element with Walking On Water which offer every one an exciting range of water activities suitable for most ages and skills. You can learn to surf, water-ski, stand-up paddle board, kayak, wake-board and even ride fast inflatables in stunning locations. All that is required is an adventurous spirit and a positive attitude – Walking On Water takes care of the rest!

So head south and finish the holidays with an exciting getaway❖

OPENING TIMES AND PRICES

Fleet Air Arm Museum:

Opening hours are between 10:00 am and 4:00 pm seven days a week except for selected public holidays.

Admission is \$10, U/16's free.

www.navy.gov.au

Jamberoo Action Park

Opening hours are from 10am-17:00pm daily. Prices are as follows: General Admission (13+) \$49.99, Children 4-12 yrs \$41.99, seniors 60+ yrs \$41.99, children 3 and under FREE. Seasons passes for \$119.99 and group options available.

www.jambaroo.com.au

Jervis Bay Wild

Prices as follows: Adult \$45, Child \$30, Family \$125 (2 Adults & 2 Children 2 years and up to & including 14 years of age).

www.jervisbaywild.com.au

Illawarra Fly Tree Top Walk and Zipline Tour

Opening hours 09:00am-17:00pm daily (last admission is 4:15pm – allow 45-60 minutes for the walk). Illawarra Fly Tree Top Walk admission is as follows: Adults \$25, Child 4-15 yrs \$10, Family of 2 adults, 2 children \$64 (additional family child \$10 per child), Seniors \$21.00.

Group bookings available.

www.illawarrafly.com

Walking On Water

Open all year round.

Prices check the website.

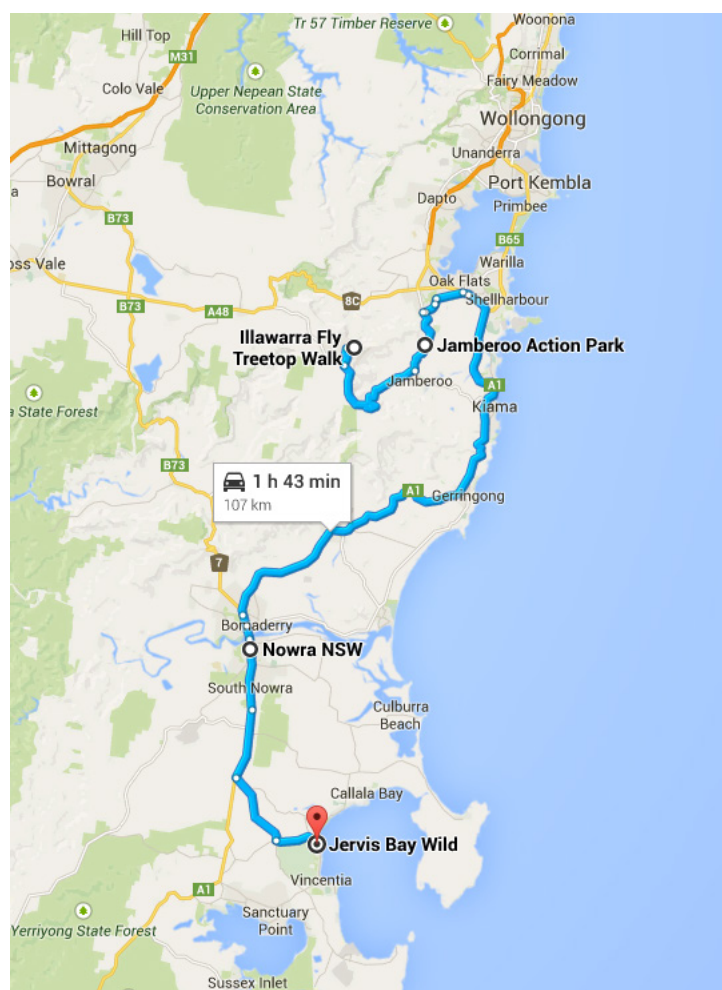
www.watersports.com.au

HOW TO GET THERE.

SYDNEY TO WOLLONGONG

1 H 27 MIN (84.6 KM) VIA M1

1 H 35 MIN (116.6 KM) VIA HUME MOTORWAY





Female infertility

IT IS ESTIMATED THAT APPROXIMATELY 30 PER CENT OF INFERTILITY CAN BE ATTRIBUTED TO A FEMALE ISSUE. **DR VADIM MIRMILSTEIN** GOES OVER THE MOST COMMON CAUSES OF FEMALE INFERTILITY

The first and most important step, where possible, is to determine the cause of the fertility issues. Diagnosing the cause of infertility in females is done through a range of means including consultation with a fertility specialist, blood tests, pelvic ultrasound or X-ray and sometimes laparoscopy (keyhole surgery). The most common causes of fertility issues include:

MEDICAL CONDITIONS

Polycystic Ovarian Syndrome (PCOS):

A condition where the ovaries secrete abnormally high amounts of Androgens (male hormones) that often cause problems with ovulation. Women with PCOS have enlarged ovaries which contain multiple, small cysts.

Endometriosis:

Endometriosis results when endometrial like

cells (cells from inside the uterus) grow outside the uterus. Distortion of the anatomy due to Endometriosis can block or change the function of the fallopian tubes and prevent the sperm from reaching and fertilising the egg.

Fibroids:

These non-cancerous masses are found in the uterus or cervix. Fibroids can cause tubal blockages, prevent the embryo from attaching to the uterine wall and cause miscarriage. The impact the Fibroids have on fertility depends upon their size and location.

Blocked fallopian tubes:

They can be blocked from birth (congenital tubal obstruction); intentional tying or clipping (to prevent pregnancy); accidental damage following other surgery e.g. colectomy; severe endometriosis; or inflammation.

Premature menopause:

Premature Ovarian Failure (POF) is also called early menopause. This term refers to a condition where the ovary stops ovulating earlier than is normal. The average age range for menopause is between 45 and 55.

Other medical causes

Thyroid disorders and genetic conditions

AGE

A woman's age is a significant factor and often the most important indicator of a woman's chance of conceiving. Conception rates for normal healthy couples are, at best, 20-25 per cent per menstrual cycle. Once a woman reaches the age of 35, her fertility begins to decline. By age 40, it is estimated that her conception rate is in the range of 8-10 per cent per month and at age 43, the pregnancy rate is thought to be as low as 1-3 per cent per month.

In addition with increasing female age, there is also a significant increase in the risk of miscarriage and chromosomal (genetic) abnormalities.

IRREGULAR MENSTRUAL CYCLES

Irregular cycles may suggest a problem with ovulation. The average length of the menstrual cycle is 28 days, but can range between 25-35 days.

UNEXPLAINED INFERTILITY

It is estimated that roughly ten per cent of infertility remains unexplained even after complete medical evaluation.

Once the cause of female infertility has been determined a treatment plan can then be created.

TREATMENT OPTIONS FOR FEMALE INFERTILITY INCLUDE

Ovulation Induction

This involves the use of medication (Clomid or follicle stimulating hormone) to stimulate the ovaries and encourage or regulate ovulation. Ovulation induction is often combined with Intra-Uterine Insemination - a procedure in which sperm is directly inserted into a woman's uterus in order to improve the likelihood of fertilisation.

Surgery

For women, surgery can often improve their chances of conception when the cause of infertility can be traced to past inflammation or infections which have created scarring, or conditions such as fibroids, endometriosis and other tubal or uterine issues.

In Vitro Fertilisation (IVF)

IVF is used to treat infertility that has failed to respond to other medical or surgical interventions. IVF involves the fertilisation of the egg by the sperm in an incubator outside the body, and transfer of the embryo back into the uterus. While infertility can be a challenging experience, the good news is that it can usually be treated.

Dr Vadim Mirmilstein is a qualified obstetrician and gynaecologist with over 15 years' experience. from Fertility Specialist at City Fertility Centre Melbourne City.

BIRTH



Vaginal birth and caesarean birth

IF YOU HAVE NO SERIOUS PROBLEMS WITH YOUR PREGNANCY OR LABOUR, A VAGINAL BIRTH IS THE SAFEST WAY FOR YOUR BABY TO BE BORN. BUT SOMETIMES HEALTH PROBLEMS FOR YOU OR THE BABY MIGHT MAKE A CAESAREAN BIRTH THE SAFEST CHOICE. CAESAREAN IS AN OPERATION TO GIVE BIRTH TO YOUR BABY.

If you're wondering about which kind of birth to have, it's good to talk with your midwife or doctor about your health, your baby's health and what might be best for you. Your health professional can give you information about how different kinds of birth might affect your future ability to get pregnant and have a healthy pregnancy and birth.

VAGINAL BIRTH

In Australia in 2010, two in every three women gave birth vaginally.

Every woman's experience of vaginal birth will be different and individual, but there are some common advantages of giving birth to your baby vaginally.

Women who have a vaginal birth generally:

- have a shorter hospital stay

birth

- are less likely to need to go back to hospital in the weeks after the birth
- have less need for strong pain relief after the birth
- recover more quickly from labour and birth
- are more likely to touch and cuddle their baby straight after birth
- have a better chance of starting to breastfeed their baby straight away
- are less likely to have medical problems in future pregnancy
- are more physically able to care for their baby (and other children) soon after birth
- are more physically able to do everyday tasks, such as driving, soon after birth.

Many women say they feel well after a vaginal birth. And women who have a vaginal birth often feel happier with their whole birth experience.

Babies born via vaginal birth are less likely to need time in the special care nursery. Some studies have shown that babies born vaginally tend to develop stronger immune systems and are less likely to have allergies than babies born by caesarean. This is thought to be because of hormones released during vaginal birth, and the important bacteria babies get through vaginal birth. They can usually have early cuddles and bonding too – good for the baby and good for you.

There are also some possible disadvantages of vaginal birth.

Women who have a vaginal birth might:

- need stitches if the opening of their vagina tears or is cut (episiotomy)
- need to have forceps or vacuum assistance to help their baby be born
- get very tired because labour can take many hours.

Very occasionally, women might have trouble giving birth to the shoulders of the baby if the baby is large or there are problems with the position of the baby or birth position of the mother.

Sometimes women whose vaginal birth

doesn't go well might need to have an unplanned (emergency) caesarean. An unplanned caesarean can have more problems than a planned (elective) caesarean – for example, an increased risk of infection. Women who have had a caesarean birth might be able to try for a vaginal birth if they have another baby. This is commonly called a vaginal birth after caesarean, or VBAC. Most of the time women who start a VBAC will have a vaginal birth – about 80% of women on average. Those who don't will have an unplanned caesarean birth – about 20% of women on average.

Ask your doctor or midwife about whether VBAC is an option for you.

“Some studies have shown that babies born vaginally tend to develop stronger immune systems and are less likely to have allergies than babies born by caesarean”

INCREASING YOUR CHANCES OF VAGINAL BIRTH

Delivering your baby vaginally depends on many things, including your health, your baby's health and what happens during labour. It's always a good idea to talk with your health professionals about your birth options. There are also a few things you can do to increase your chances of having a vaginal birth.

PREGNANCY CARE

Pregnancy care with just a few professionals who look after you – for example, midwifery-led care – through your whole pregnancy, labour and birth can increase your chances of vaginal birth.

Women and babies are healthier, and women are more happy with their birth experience, when they have the same person, or group of

people, looking after them right through. Many hospitals offer midwifery-led care. This is when a few midwives look after you. You can get to know them and they get to know you before your labour.

BIRTH CLASSES

Birth classes give you detailed information about labour, birth, pain relief choices and more. When you know what to expect during labour and birth, you're more likely to stay calm on the day. And staying calm and relaxed increases your chances of vaginal birth.

BIRTH PLAN

A birth plan can include things like:
who you'd like to be at the birth
how you want to manage pain
who will cut the cord.

But keep in mind that your baby's plan might be different from yours. Also, what you need and want might change on the day, so think of the birth plan as a guide and stay flexible. It's a good idea to share your birth plan with the midwife or doctor who'll be looking after you, so they understand your preferences and can work with you to achieve them.

Your birth environment

Your birth environment can affect how you labour and give birth to your baby. The ideal labour environment is one where you:

- feel safe, calm and positive
- have access to pain relief
- have privacy
- feel secure and well supported.

With a bit of planning and preparation, you can usually create the environment you'd like in the hospital birthing suite or birth centre. For example, you might want to bring music, aromatherapy, cushions, food or other things from home.

This kind of environment will help you stay calm during labour, which makes it more likely that you'll be able to give birth to your baby vaginally.

Being calm during labour can help increase the oxytocin in your blood. Oxytocin makes your uterus contract, so higher levels of oxytocin can mean better contractions during labour and a shorter labour. Staying calm can also decrease the adrenaline in your blood – adrenaline stops oxytocin from working.

“When you know what to expect during labour and birth, you're more likely to stay calm on the day.”

SUPPORT PEOPLE

You're less likely to have a caesarean if you have continuous one-to-one labour support from people you feel comfortable with. This might be from your partner, family, midwife or a doula.

LABOUR CHOICES

In the birthing suite, staying active and using upright positions might help your labour to progress and help you avoid interventions. This is because gravity helps move your baby down and relaxes your muscles. This means baby can move through the birth canal more easily.

Using mats, beanbags, cushions, water or birth balls can also help. Comfortable clothing and relaxing music might also be helpful in keeping you relaxed.

CAESAREAN BIRTH

A caesarean section is an operation to give birth to your baby.

If you need a caesarean, you'll be taken to the hospital's operating theatre. There'll be quite a few people in the theatre with you, including the obstetrician, an assistant surgeon, an anaesthetist, theatre nurses, a midwife and sometimes a paediatrician.

Your partner is usually allowed into the operating theatre with you unless you have a general anaesthetic.>

You'll be given an anaesthetic so you don't feel any pain. It might be an epidural, spinal anaesthetic or a general anaesthetic. Then a specialist doctor called an obstetrician will cut an opening in your lower tummy area and into the uterus, so your baby and the placenta can be lifted out.

In Australia, both planned and unplanned caesareans are common and fairly safe.

A vaginal birth is usually the safest choice for you and your baby.

CAESAREAN BIRTH: PROBLEMS

A caesarean birth is major surgery. As with any surgery, there is a chance of medical problems. If you have a caesarean birth, you'll

“If you have a caesarean birth, you'll need a longer hospital stay than for a vaginal birth and a longer recovery period once you're home.”

need a longer hospital stay than for a vaginal birth and a longer recovery period once you're home.

Women who have a caesarean birth will probably have:

- a longer stay in hospital – 3-5 days on average
- pain around the wound
- problems with any future attempts at a vaginal birth
- restricted activities for up to six weeks – for example, limits on lifting, housework and driving.

Some women might also have one or more of the following:

- above-average blood loss (haemorrhage)
- blood clots in the legs
- infection of the wound and bladder or in the lining of the uterus
- fever – for example, caused by an infection or by other factors related to the surgery
- caesarean section for future births

- complications from the anaesthetic – for example, nausea, drowsiness or dizziness
- increased risk of postnatal depression, which might be because of slower recovery, feelings after the birth or problems with breastfeeding.

Babies born via caesarean birth are more likely to need time in the special care nursery, but they're usually ready to go home when you are.

After a caesarean birth, you might have to wait a while before you get to cuddle your baby, while your obstetrician finishes the surgery or while a paediatrician or midwife checks your baby.

But most women do get to see their baby straight after a caesarean birth.

The medicines you've been given might make your baby sleepy. Skin-to-skin contact and giving your baby a breastfeed straight away might be harder too.

But if you have a spinal rather than a general anaesthetic, you should be able to have early physical contact with your baby in the operating theatre.

After you've had a caesarean, there's a higher risk of medical problems for each caesarean you have after that.

There's an increased chance of the placenta growing into or over the scar inside your uterus. There's also a higher risk of the uterus tearing or rupturing in future pregnancies. In rare cases this can lead to a hysterectomy (removal of the uterus).

PLANNED CAESAREAN BIRTH

You might have a planned or elective caesarean birth for medical reasons or because there are signs late in your pregnancy that you or your baby might have problems with a vaginal birth.

Planning your caesarean for later in your pregnancy can be better for your baby's health, but talk with your doctor and midwife about what's best for your situation.

The most common reasons you and your doctor might decide on a planned caesarean are:

- you've had a caesarean before
- your baby is breech – that is, positioned bottom or feet first – and can't be turned
- your cervix is blocked by the placenta – this is called placenta praevia
- your baby is lying sideways (transverse) or not head down and can't be turned
- you're having twins, and your first baby is positioned bottom or feet first
- you're having triplets, quintuplets or more
- you have a health problem such as high blood pressure, which means there's a higher chance of problems during labour for you and your baby.

“Planning your caesarean for later in your pregnancy can be better for your baby's health, but talk with your doctor and midwife about what's best for your situation.”

Not all women have, or need to have, caesareans in these circumstances. For example, if your baby is breech you can ask about a vaginal breech birth.

You can make the decision based on your doctor's advice about your particular situation.

With a planned caesarean you'll know the time and day that your baby will be born.

A planned caesarean also means the birth will happen before you go into labour.

If you have a planned caesarean, you won't have tearing or need stitches in your vagina, but you will have an abdominal scar.

Planned caesarean surgery does have less chance of medical problems than unplanned caesarean surgery.

If a baby is in severe distress, doctors might need to do an unplanned caesarean very quickly using a general anaesthetic.

General anaesthetics have more risks than spinal anaesthetics.

UNPLANNED CAESAREAN BIRTH: COMMON REASONS

Unplanned (emergency) caesareans can happen when there are problems either with your health or your baby's health in your pregnancy and during your labour, such as an increase in your blood pressure or your baby going into distress.

You might need an unplanned caesarean if:

- your baby's head doesn't move down or 'fit' through your pelvis during labour
- your cervix opens too slowly, or doesn't open at all
- your blood pressure goes too high or you become unwell
- your baby starts getting distressed in labour – for example, there are changes in your baby's heartbeat.

You might also need an unplanned caesarean if the umbilical cord falls down (prolapses) through the cervix and into the vagina after your waters have broken.

This is very rare.

Things that can reduce your chance of needing an unplanned caesarean include:

- having a support person with you in labour to help you stay calm
- having a midwife with you all the time during labour (midwifery-led care)
- keeping active and relaxed during labour
- involving your doctor and midwife in decisions about your birth
- avoiding an induction before 41½ weeks of pregnancy (because for many women an induction increases pain and medical intervention during labour). ❀

This information is sourced from the Raising Children Network.

Supported by the Australian Government, this is a resource for parents of babies to teenagers.



MUM'S WELLBEING



WHEN IS IT NOT A LEAK

For many Australian women, one of the most embarrassing health issues they can face is urinary incontinence otherwise known as bladder leakage.

One in three women over the age of 35 experience it, so you are not alone. Many believe that there is nothing that can be done about this issue, but there is a lot of information available for those with a weak pelvic floor. Childbirth, ageing and medical conditions can all cause this large hammock of muscles between the bottom of your spine and the front of your pubic bone to become loose, causing urinary incontinence and decreasing sexual arousal.

There is something that can be done to reduce incontinence during and after pregnancy, especially for first-time mothers. With some simple exercises, overcoming muscle weakness can be a breeze.

Visit pelvicfloorexercise.com.au for information on exercises.

CHOC-A-HOLIC

Dark chocolate may prevent pregnancy complications

A **new study** reports that a chemical (theobromine) found in chocolate may reduce preeclampsia, a major pregnancy complication. The darker the chocolate, the better.



Preeclampsia is primarily noted for raising blood pressure in pregnant women, and eating chocolate helps to lower this risk by up to 69 percent. The study of nearly 2,300 women established greater benefits to those who ate five or more servings per week, especially in their third trimester.

Despite the results from this study, researchers have said that further studies are needed to prove the direct link between chocolate and preeclampsia.

Baby LOVE

Often hailed as Australia's number one baby book, this read offers a practical approach to caring for your little one during their first year of life. These are often the days when you need the most help, support and advice, and Baby Love offers it in droves. Author Robin Barker, a registered nurse, early childhood nurse and midwife, shares some really vital knowledge so you can be sure that everything with your baby is a-ok

from Booktopia



KEEP IT NEAT

If you're preparing for a newborn, or have children already - you will know how chaotic and hectic your everyday life can become! There can be mess everywhere, toys all over the floor, is this sounding familiar?

Let us introduce you to Organised Clutter. This company is just the ticket for organising your crazy, child-filled life.

Organised Clutter is an Australian company set up 12 years ago by professional organiser Shana Danon - after she started helping her family and friends to declutter their homes and lives. The company is a firm believer in creating a clutter-free environment to ensure that you and your family enjoy a calm, stress free environment, benefiting your space, mindset and health.

As a parent herself, Danon knows what parents are going through, and can appreciate what it is like to balance work, home and children.

Organised Clutter works with a wide range of members in the community, from students to



new parents, and the elderly. Shana will work with you to declutter and restyle your home prior to selling it, giving you the best chance to maximise your results in the property market. The best thing is Organised Clutter works with you to teach you the organising systems to ensure that once they've worked their magic, you are able to maintain your clutter-free environment! Get hold of Shana and say goodbye to stressful clutter, 0414-868-091. E: info@organisedclutter.com.au . www.organisedclutter.com.au

TIME BOMB

How sorted are you with life insurance? It is something we never consider while we are young and invincible! Sadly, 95% of families do not have adequate life insurance cover. For those who took policies out years ago and have since moved jobs or added to their family, many won't realize that these policies will be out of date, and in the event of something happening they will find themselves in the deep end. Much of the time it is the small print that isn't scanned slowly enough - with many online insurance deals not covering you for mental illnesses such as depression. Life insurance is there to protect



your children and you, but under-insurance and 'mis-insurance' is like a silent epidemic. As Tatiana Coulter, CEO of Family Life Insurance Providers and the brains behind the move to fix insurance policies says "People usually have at least some insurance in super so they think they're protected against accident, disability and death - but in reality they couldn't be more wrong."

"We offer a free one hour review to ten Sydney families a week. It costs us money to do this, but we see it as 'pro-bono' work that's an important investment back into the local community."

If you would like to review your insurance policies and discuss your options simply call 1300 661 363 or visit www.FamilyLifeInsuranceAdvisers.com.au



11 STEPS TO A STRESS FREE LIFE

BY INNA SEGAL

1 Recognize what you are stressed about

Is it your health, work, money or relationship? Or something else? You need to clarify what is causing you stress so you can do something about it.

2 Ask for help

People often feel that they have to do it all on their own. If you are feeling that you need help in an area of your life, then don't be afraid to ask for it, whether it is financial advice, help with children, assistance with your relationship or advice about a health condition.

3 Time management

People are often stressed because they have too many things to do. Take a pen and paper and make a list of what you can realistically do today. Then do those things.

4 Say No

Be realistic. Before agreeing to do extra work or help someone, work out if you have the time and the energy to do it. If you don't and it will put extra pressure on you, just say 'no'.

5 Take time out

The best way to deal with stress is to relax. Even short intervals of slowing down, resting, meditating or doing something fun, can help you let go of stress and change your focus.

6 Acknowledge your feelings

In order to release stress, you need to become aware of where you hold stress in your body. By focusing your attention on your body you will notice where you feel tense. Place your hands on this part of your body and take slow deep breaths for around a minute. Allow the feeling to intensify. Close your eyes and imagine that the stress is like a dark cloud inside your body. Then visualize an orange ray of light coming into your body and dissolving the dark cloud.

7 Breathe consciously

When you breathe shallowly, your body

tightens, your thinking becomes limited, causing you to feel anxious and fearful. By slowing down your breath, you can calm yourself, let go of negative thinking, sharpen your concentration, relax your body and experience an increase of energy.

8 Eat healthy food

Most people know what constitutes a healthy diet. Yet in our stressed and busy lives, it is easy to go for fast food, which usually contains lots of fat, sugar, caffeine and unhealthy chemicals. To help our bodies cope with stress we need to make sure that we are eating healthy, nourishing food.

9 Exercise

Move your body and make it fun. Create an exercise program that you enjoy such as walking, swimming, dancing, yoga, going to the gym or jumping on a home trampoline. Do what works well for you.

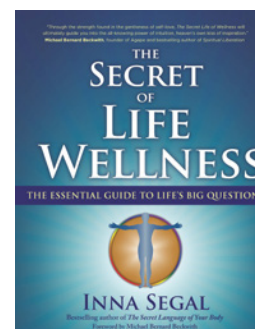
10 Bring more laughter into your life

The more you can see the lighter side of life, the less stress you will feel. Laughter is one of the best remedies for releasing stress, dealing with depression and reversing the ageing process. It releases endorphins which can assist with stress release and healing.

11 Focus on what you desire

The more you focus on what you want rather than what you don't want, the more positive you'll feel and the more likely you are to manifest it.

*Inna Segal is an internationally renowned intuitive healer and author of the best-selling book *The Secret Language of Your Body*. Her new book, *The Secret of Life Wellness* (Rockpool Publishing \$29.99) is now available at good book stores and online at www.rockpoolpublishing.com.*





Mums in motion

WE ALL KNOW HOW HARD IT IS TO FIND TIME TO EXERCISE WHEN YOU'VE HAD A BABY! BUT INSTEAD OF MAKING YOUR BABY AN EXCUSE NOT TO EXERCISE WHY NOT MAKE IT THE REASON YOU DO EXERCISE?

As a mum, if you do one strengthening exercise a day it should be one for your core. It's time to get your Pilates on and strengthen those deep abdominal muscles.

Your deep abdominal muscles are the corset of muscles wrapping around your spine and abdomen and the floor of your core is that oh so important PELVIC FLOOR. This is the reason I LOVE core abdominal strengthening...with core strengthening exercises you are getting a 3 for 1 deal because you are strength training your deep abs, improving your posture and training your pelvic floor.

1 QUADRUPED PLANK

Here's one of my favourite core exercise that hits all of those "mummy muscles" - the arms, legs and abs

SET-UP: Get down on your hands and knees, hands beneath shoulders, knees beneath hips, spine in a neutral position, lengthen through the back of the neck with your eye line just past fingertips.

ACTION: Gently draw your navel toward your spine then lift your knees off of the floor approximately 1-2cm. Hold this position x 10 seconds and keep breathing!

NOTE: If this hurts your wrists, make a fist and go up on your knuckles for the plank, keep wrists inline with fists. Still no good, then modify by going onto your forearms. 10 seconds x 5 reps



2 BACKYARD STRENGTHENING WITH "PERFECT" SQUATS

Having strong legs and butt help protect your back from injury AND help sculpt your backyard! Having an increased muscle mass in your body's biggest muscle, the gluteus maximus, increases your resting metabolic rate. By increasing your lean body mass (muscle) you increase the amount of calories/energy your body utilises each day. Yippee! This is why for women, strength training is SO important and SO helpful for weight loss. Remember, you don't need weights for strength training. Your own body resisted exercise is just as effective as weights and much more functional.

"Perfect" Squats

SET UP: Stand up tall with feet spread hip width apart, hands resting near sides.

ACTION: Draw navel to spine and maintain a neutral spine position. Keep tummy drawn in toward your spine the WHOLE time. Initiate the squat by sticking the butt out and bending the knees, squat as low as you can while maintaining your neutral spine and have NO knee pain. Your knees track toward your 2nd toe so don't go cowboy or knock kneed on me! Knees DO NOT go past your toes. When you squat, hands reach forward toward chest height with arms extended. Return to tall standing then repeat.

Repeat 2-3 sets of 10 reps each day.





3

PLAY

Playing with the kids, like a kid is a great way to get moving. Put on your favourite song, crank the volume and dance with your kids! It's fun and is usually good for a light too. Climb the playground equipment and play tag or race your kids. You'll look like the funnest mum in the playground!

4

SNEAKY EXERCISE

We all need to move as much as possible throughout our day but when we're busy, it's hard to squeeze in exercise. THE best way to exercise without making it too hard is incidental exercise, fancy word for - movement with a purpose! My sneak it in exercise is walking instead of driving, always taking the stairs, and standing/ sitting with good posture, and playing with my kids.

5

STAND TALL

Another simple way to do some core and postural training is as easy as sitting and standing up straight. Instead of thinking that standing straight is a total drag, think of it as a mini core abdominal workout. Phwoar! Abs of steel here you come. Start by keeping a little lumbar curve (no flat backs and clinching butts!), keep your chest proud and lengthen through the back of your neck, tuck the chin slightly. Not only are you getting stronger, you'll look taller and fitter.

Body Beyond Birth is an online postnatal exercise and nutrition program created by physiotherapist Becky Dyer and instructor Jackie Steele. Visit bodybeyondbirth.com.





PREGNANCY DISORDERS– WHAT ARE THEY?

Here are just a few of the rare disorders that can occur in pregnancy.

Group B streptococcus (GBS)

Up to 30 percent of women carry GBS in their vagina. Most women who carry GBS give birth to healthy babies. In Australia, all women are screened at 36 weeks gestation.

Obstetric cholestasis (OC)

Related to the liver, symptoms of OC include chronic itching, jaundice and, in worse cases, heavy bleeding during birth or premature labour. Early diagnosis can result in the baby being born at 37 or 38 weeks.

Placenta praevia (PP)

A result of the placenta attaching itself to the lower part of the uterus, PP means that the top of the cervix is partially or completely blocked. It is

usually detected at the 18-20 week ultrasound and, in most cases, the placenta will move out of the way as the womb grows.

In “true” cases of PP, women are at risk of bleeding as the uterus stretches in the third trimester and may require an early Caesarean. If there are no bleeding problems a Caesarean at 37 or 38 weeks ensures a safe birthing experience.

Pre-eclampsia

Caused by an abnormality in the placenta, the main symptoms include high blood pressure and protein in the mother’s urine.

While in most cases the illness is relatively mild, monitoring is important, as symptoms can worsen quickly and cause harm to the mother and/or baby.

Although disorders are rare and the chance of developing them is slim, it’s worth seeing your health practitioner if you’re concerned.



PREGNANCY & BIRTH



WHAT IS A LINEA NIGRA?

Linea nigra is a dark, vertical line up to one cm wide that appears down the middle of your stomach, often crossing the navel, and develops during the second trimester. It is caused by the melanocyte-stimulating hormone (MSH), which changes the skin pigment where your abdominal muscles stretch and separate slightly to accommodate your baby as it grows.

While it darkens during pregnancy for many it remains invisible for some and may occur in one pregnancy and not the next.

The line may darken in the sunlight, so you should use a high-strength sunscreen (SPF30+) or avoid the sun completely, especially during the hottest part of the day. The line will fade within a few weeks of your baby's birth, although it may need a gentle rub to remove any dry skin. Other areas with pigmentation – such as your nipples, moles and freckles – may darken too, but these will also fade.



FIRST TO KNOW

Did you know, some pregnancy tests are so sensitive they can detect early pregnancy well before your period is due.

Many of these tests work by detecting the pregnancy hormone HCG, which is released by the placenta after the fertilised egg implants into the uterine wall. From then, HCG can be detected in a woman's blood and urine.

This is why a blood test from your doctor or an at-home pregnancy test that requires a woman's urine can detect pregnancy.

However, not all pregnancy tests are the same! While most over-the-counter urine tests are 99 percent accurate from the first day of a missed period, some are more sensitive than others because they can detect lower levels of HCG than others.

This means you can take a test to find out if you are pregnant days before your period is due. The main benefit of this is that the sooner you know you are pregnant, the sooner you can take better care of yourself and your baby, and gain advice on the best prenatal care.

Go to [first responsepregnancy.com.au](http://firstresponsepregnancy.com.au) for more information.

KICK & CONTRACTION COUNTER

Australians are the leaders using the Kick & Contraction Counting App! You can now record your baby's kicks and your contractions by using Pregnancy+ is more than just a counter it is a one stop App.

Never let baby brain make you forget a doctors appointment, or your baby shopping list.

You can log it all here as well as a personal weight log, colour and scan images. It's like a pregnancy diary!



Download Pregnancy+ free at the App Store or via Google Play



WHY YOU SHOULD EAT RED MEAT DURING PREGNANCY

It doesn't just need to be a dry well-done steak! The reality of the 'pregnancy diet' with no more champagne, soft cheese, fresh oysters and sashimi can soon sink in. Fortunately red meat is one indulgence that is very much still on the menu – in fact, it's a necessity.

Red meat is packed with important nutrients required for the growth and development of a baby during pregnancy.

Including protein, iron, zinc, B-vitamins and omega-3, the consumption of red meat is increasingly important for pregnant women as their iron requirements increase from 18mg to 27mg a day. To meet this requirement, women



are advised to choose rich sources of iron that are well absorbed by the body.

The type of iron found in red meat for example, is more readily absorbed than the type found in nuts, seeds and leafy green vegetables. For this reason, the Australian Dietary Guidelines recommend pregnant women consume red meat 3 to 4 times a week (or 455g cooked meat/week).



10 Things To Consider If Breastfeeding Is Painful

BREASTFEEDING SHOULD BE A PLEASURE NOT A PAIN, **KELLY WINDER** OFFERS SOME ADVICE ON WHAT COULD BE THE PROBLEM.

One of the most persistent myths about breastfeeding is that it hurts, and you just need to push through the pain until two weeks, four weeks, six weeks, or more!

If you've got toe-curling pain every time you try to feed your baby (every hour or two for a newborn!), you may not even feel like you can get through the next six feedings much less

six weeks of discomfort.

But the truth is that breastfeeding should never hurt; and if it does, it's a sign that something needs fixing.

With some troubleshooting, and maybe some professional help, you should be able to breastfeed pain-free.

To narrow down what the problem might be, here are 10 things to consider:



1 IS IT BABY'S POSITION OR LATCH?

A baby who is awkwardly positioned may not be able to latch deeply, and will be more likely to damage a mother's nipples.

The same is true when a baby "slurps" the nipple into his mouth, rather than opening wide to latch. It's easy to fall into this pattern, but the damage caused can be uncomfortable, at best.

While this is the easiest thing to fix, it often takes a while for the nipples to heal and pain to abate.

Be sure you are bringing your baby to the breast and keeping his body tight against yours when feeding – you shouldn't see any space between the two of you, and he should have his tummy toward your body not toward the ceiling.

Wait for a nice, wide-open mouth before bringing your baby to the breast. Learn to get a deep, asymmetric latch – point your nipple toward the roof of baby's mouth when latching, and allow his head to tip back a bit. Once latched, his chin can be pressed into your breast tissue, and his nose might be touching your breast.

You may need to support your breast throughout a feeding so that gravity doesn't pull it out of baby's mouth – and so he doesn't need to use his gums to hold onto the nipple to keep it from slipping!

"breastfeeding should never hurt; and if it does, it's a sign that something needs fixing"

2 ARE YOU ENGORGED?

About two to five days after birth, your milk will "come-in."

This initial surge is accompanied by swelling that can be painful, and can make latching difficult.

Feeding your baby often is the best way to get through this period. If your baby is having

trouble latching, you can use hand expression or a pump to get the milk flowing and to help the nipple stand out.

You can also try Reverse Pressure Softening (see here to learn how). Some mothers use ice packs between feedings, and a warm, moist compress right before a feeding to relieve some engorgement pain.

The swelling should subside in a day or so, but your milk supply should remain strong.

Some women experience fullness between feedings that is somewhat painful.

Nursing your baby more often can help to prevent this.

In fact, if you are allowing your breasts to become too full between feeding, this can be a signal that your body should cut back on how much milk it's making. And this can lead to low supply if you do it too often.

If you are pumping because of overly-full breasts, you may be aggravating the problem – you're tricking your body into thinking you need more milk. While this is an excellent plan for a mother who has low supply, for most mothers it can prolong engorgement unnecessarily.

"You may need to support your breast throughout a feeding so that gravity doesn't pull it out of baby's mouth"

3 IS YOUR NIPPLE MISSHAPEN OR ODDLY COLOURED RIGHT AFTER FEEDING?

If you look at your nipple right after baby lets go, does it look flattened and pointed (like a new lipstick)? Or does it have a white compression stripe across the face of the nipple?

This may be due to a shallow latch, or it could be caused by an anatomical variation for your baby. This might include tongue tie, a high or



For Conception, Pregnancy, Birth and Baby

bellybelly
.com.au



bubble palate, or even an undiagnosed cleft of the soft palate.

A medical evaluation and the assistance of a trained lactation profession can be invaluable in these cases.

Does your nipple turn white after a feeding, accompanied by burning or shooting pain? This may be a condition called vasospasm or Raynaud's Phenomenon of the nipple.

It's often caused by a shallow latch causing constriction of blood vessels in the nipple. Women with a history of circulation problems may be more likely to experience this with breastfeeding, as well. Learn more about treating vasospasm

“Antibiotics can't tell the difference between good and bad bacteria, so they kill everything off, which can result in thrush”

4 DO YOU HAVE ANY BROKEN SKIN, OR A BLISTER?

Occasionally, an improper latch can cause broken skin, and a chronically bad latch can cause real nipple damage.

If you develop a blister on the tip of your nipple, the most likely cause is a shallow latch.

If the abrasions are closer to where the nipple meets the areola, it may be that your baby is chomping at the breast to hold on, rather than suckling.

Any broken skin on your nipple can take a while to heal – it's being opened each time your baby nurses.

Treatment should start with correcting baby's latch.

Alternating positions or changing how your holding baby may help. “Moist wound healing” using purified lanolin or gel pads is sometimes speeds healing and keeps you more comfortable.

If these measures don't help, you may need

prescription medication to aid in the healing process – see a lactation consultant or your healthcare provider to discuss these options.

5 IS IT A “BLEB”?

Does it look like you have a white spot or milk filled blister on the tip of your nipple? This is likely a nipple “bleb”.

If it's not painful, no treatment is needed and it will resolve on its own.

But if it's causing pain, you can try this: soak your breast in warm water, rub with a washcloth to remove any extra skin, then try hand expressing milk from that area by compressing the areola behind the bleb. Persistent or recurrent blebs may need to be treated by your healthcare provider.

6 COULD IT BE A BLOCKED OR PLUGGED DUCT?

If you have a small painful lump in your breast, it may be a plugged duct.

Treatments include frequent nursing (with your baby's chin positioned in line with the plug to provide the best suction pressure to that area), massage, and moist heat.

Some mothers find that a vibrating toothbrush or massager held over the plugged duct breaks up some of the dried milk and loosens the plug.'

7 DO YOU HAVE MASTITIS SYMPTOMS?

Do you suddenly feel like you might have the flu, and in addition, you've got a warm, red, tender spot on your breast?

You may have mastitis, or a breast infection. Most often it's treated with antibiotics, though that may not be necessary.

Breastfeeding often is important during this time – the infection won't be passed on to your baby.

If it's too painful to nurse on the affected side, simply nurse on the other breast until the pain subsides enough to make breastfeeding bearable.

If you do need antibiotics, be sure to get some good quality, naturopath recommended probiotics.

Antibiotics can't tell the difference between good and bad bacteria, so they kill everything off, which can result in thrush.

Thrush can be easily passed between mother and baby, which is not fun for anyone.

“Cut sugars and grains out of your diet where possible, as thrush loves sugar and yeast. It is essential that both mother and baby are treated to stop the thrush cycle”

8 IS IT THRUSH?

Especially if you or baby have had antibiotics during birth (or soon after), or if your diet isn't great, then it is possible that you and/or your baby may have thrush. An itchy, scaly, shiny, red rash on the breast can signal thrush, especially if it's accompanied by shooting pains in the breast when nursing.

Often when a mother has thrush, baby does, too. Look for white patches in baby's mouth that don't wipe off easily, and a pearly look to his saliva.

Thrush is most often treated with topical medications, but it's ideal for both the mother and baby to get on a course of good quality, naturopath recommended probiotics.

You can buy probiotics that are especially for babies.

Cut sugars and grains out of your diet where possible, as thrush loves sugar and yeast. It is essential that both mother and baby are treated to stop the thrush cycle.

9 IS IT YOUR BREAST PUMP?

If you are pumping regularly, be sure that you're using the right sized flange to fit your

breast.

Different manufacturers have different sizes, and may have replacements you can purchase to better fit your breasts.

Try pumping on the lowest possible suction setting that still prompts milk to be expressed. High vacuum pressure doesn't necessarily equal more milk, so play around with settings for your own comfort.

10 HAS YOUR BABY STARTED TEETHING?

Getting teeth doesn't necessarily mean it's time to wean! In fact, most babies start to get teeth between four and seven months of age, well before weaning happens.

The first teeth to erupt are usually the bottom front ones – and this area is covered by the tongue when your baby is latched well and actively nursing.

But if baby has painful gums, he may use you as a teething ring!

Offer your baby a chilled teether, or even a wet, frozen washcloth, to chomp on immediately before nursing.

Take your baby off the breast as soon as you notice he's done actively nursing, and pay attention to signs that your baby may be about to bite down.

In almost all cases, the best way to figure out what's causing pain is to work with someone skilled at counselling a breastfeeding mother. Whether you meet with a peer counsellor or a lactation consultant, she should be able to watch your baby breastfeeding and offer suggestions for making feeding more comfortable.

Painful breastfeeding is almost always treatable, so don't be afraid to get help if breastfeeding hurts.*

Kelly Winder is a doula (birth attendant), the creator of the BellyBelly pregnancy, birth and baby website, and a mum. Check out bellybelly.com.au for more informative articles.

TODDLER



HOW TO... ENCOURAGE LEARNING

TRY THESE INVENTIVE WAYS TO TEACH THE BASIC ABC'S AND 123'S

The world really is one big classroom for toddlers, their minds are so inquisitive and they are constantly learning. using everyday interests is the trick to lay the foundations for future skills.

COLOURS

Colours can be bought out in almost everything that you do and every conversation and it is quite possibly the first thing that a toddler learns to recognise.

Finger painting is a wonderfully messy way to learn colours. Use descriptive language as much as possible to help your child recognize different colours, like 'Can you put this yellow ball into the blue bin?'. At mealtimes ask, "Do you want more of the red apple or the yellow banana?"

Colour a day, wear green on Wednesday and eat green grapes and green beans while drinking green-coloured milk, a little food coloring will do the trick.

LEARNING LETTERS

Start with their name;

When they are about two years old toddlers will begin to recognize the letters that make up their name. Put a name plaque on the bedroom door, a bathroom step stool and magnetic letters on the fridge. Point to the letters, saying each one out loud.

Read aloud, point out words and letters on street signs, in books and in stores.

Make it fun and help your child think of rhyming words.

KNOWING NUMBERS

Count it out.

Your two-year-old may be able to count to ten in the correct order, but that is just memory, they will not be able to really count till they get to preschool. But you can still help with number recognition.

Count as you go shopping, use your fingers and say something like "I have three bananas, how many do I need to make four?" Count the fingers of toast when you have breakfast.

Toddlers love to separate things and comparing, and contrasting objects is a vital part of early mathematics. Ask your toddler to put the spoons and teaspoons away in the right place.

Make laundry day fun and get them to help you sort out the socks.

SHAPES

The kitchen is the oldest classroom in the world and there is so much you can make that encourages learning. By making biscuits in all different shapes and have fun icing them in the different colours. You are teaching shapes and colours. When they get older you can also start teaching fractions with cut apples and oranges. Not all sandwiches are square, cut them into triangles, diamonds and circles, use cookie cutters and get really creative.

TODDLER
TIPS



HOW TO... GO BAREFOOT

SCHOOL SHOE SHOPPING IS ALWAYS HARD FOR LITTLE FEET
PODIATRIST **TIM BRANSON** SHEDS SOME LIGHT ON HOW TO
CHOOSE THE BEST SHOES.

With 70% of your brain's information for movement coming from nerves on the soles of your feet, leading podiatrist Tim Branson recommends that children wear light, flexible shoes that emulate the natural movement of their feet.

Too often Tim sees adult with injuries that began from wearing ill-fitting shoes in their childhood, when their soft, fragile bones were developing.

As a child grows and begins their school journey, it can be a frantic rush to find the perfect shoe to support the foot's development and ensure comfort all day long. Tim Branson explains that "with 33 moveable joints and 20 muscles in each foot, it is essential that children's' feet remain supple and non-restricted by tough, heavy school shoes".

"Interfering with foot strength and its function in stiff, supportive shoes will alter the movement of every joint right up to our spine. This is due to our body functioning as a series of systems as opposed to individual parts. A kink in any aspect of the chain will affect the rest of the body" says Tim Branson. Tim recommends shoes that have no heel height as "lifting the heel higher than our toes in shoes results in the development of a shortened calf muscle."

On top of this "raising the heel higher than the

toes causes our pelvis to rotate forwards, decreasing the ability of our glutes to function, which exponentially increases stress on our lower back and hips."

As we are born without heel height, it is crucial that we continue to let our feet function with no heel height.

Finding kids shoes that have no heel height at all and also feature a ultra-thin, puncture-resistant sole offering maximum flexibility so the foot can move fluidly is not easy.

Kids shoes should be designed to let feet do their own thing, as your feet have all the technology you need.

However, the soles of our feet are extremely vulnerable to climate and sharp objects, which is why shoes must be designed with puncture resistant material allowing children to adventure with confidence.

Tim's philosophy is that if we move with more efficiency we will perform better in life and have less aches, pains and injuries.

Tim has spent countless hours seeking out shoes that are beneficial to the human foot and he now feels he has finally found a viable product to recommend for work, casual and performance he has found that VIVOBAREFOOT has a range that has something for the whole family.

Tim Branson is the owner of The Running Lab and Wollongong Podiatry.



Cool SUNNIES

UV radiation from the sun can cause significant damage to a child's eyes and lead to serious eye conditions later in life, making the need for protection from an early age essential.

While you don't have to spend a fortune buying sunglasses for your children, do make sure you choose a pair with 100% UV protection. Novelty or toy sunglasses with coloured lenses don't provide enough protection and so should be avoided.

It's never too early for children to wear sunglasses so get them in the habit of doing so while they're young.

It can often be difficult for children to keep them on their faces, so consider buying sunglasses with an elasticated band around the back. This also reduces the risk of them getting lost.

If older children are having trouble wearing sunglasses then the next best thing is a broad brimmed hat that provides some shade for the eyes – do however note that hats only stop around 50 per cent of UV rays.

If in doubt, visit your optometrist for expert advice on caring for your children's eyes.

www.optometrists.asn.au/



BABIES *surprising skin fact*

Your baby's skin is very prone to rashes.

Besides being greasy and hairy, your baby's skin will probably be blotchy, blemished, and bumpy.

About 30 to 40 percent of babies are born with milia, those white or yellow dots that look like tiny whiteheads and appear all over their little faces. And about one-fifth of newborns will be more pimply than an eighth grader, breaking out in what is known as baby acne. Even if your baby avoids milia and pimples, there's still a 50/50 chance she'll develop erythema toxicum — also called flea bites — a harmless, temporary red rash that can cover her itty-bitty body, but usually breaks out on the chest and back.

The best thing you can do for baby breakouts is to leave them alone (no squeezing, no scrubbing) and your darling will be ready for her close-up in no time



Q&A



To dummy or not to dummy?

A dummy can be two things, a comfort for your baby and incredibly useful when trying to get them to sleep or to stop crying.

The choice to give your baby a dummy is a personal one; some children don't warm to them while others find it quite traumatic if their dummy is lost or dropped.

They should not be used routinely to postpone a breastfeed. Milk supply is established in the first few months of breastfeeding, therefore the use of a dummy is not usually recommended in the first month or two, and if introduced, should be used infrequently.'

You should aim to remove the dummy permanently by 12 months of age to prevent speech or teeth alignment problems. A good way of easing the transition is to introduce your baby to a new toy as a reward for rejecting their "baby" dummy.



Go Far, Stay Close... and COOL!

Inspired by the Latin word for wind, this carrier features a 3D-mesh panel and moisture-wicking mesh lining for ultimate ventilation and breathability so both baby and parent stay cooler. Durable, lightweight and super cool – it's the perfect companion for any adventure.



"The Ergobaby Carrier offers optimal support for the wearer and optimal spinal and hip positioning for a newborn (using the newborn insert). Babywearing encourages parents to enjoy an active lifestyle and reduces a baby's time in prams and car seats. Ergobaby is a great start for new life!"

Dr Jacey Pryjma - Well Kids Chiropractor - drjacey.com.au



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FOCUS ON: HAVING A NATURAL BIRTH

The decision of how you would like your child to be born is important for your overall wellbeing and the health of your child.

If you think a natural birth is for you here are five tips to support you along the way.

1 Make sure you are educated. Most hospitals offer classes but they can be overcrowded and biased. If there is an independent organisation or childbirth educator, use one.

2 Choose a supportive carer, make sure you research your obstetrician, midwife and/or hospital so you don't accidentally engage the "wrong" care provider.

3 Hire a doula.
A doula is a professional support person who offers information, guidance and emotional support before, during and after birth. Having a doula increases birth satisfaction and lowers intervention rates.

4 Make sure you prepare your body and mind. Labour and birth can be a marathon so do regular gentle exercise, eat well and make time to visualise a positive birth experience.

5 Make a clear wishlist and clarify your birth vision. Keep your birth plan to one page; be concise and clear in what it is you want. This is your birth experience, take charge!

Did you know...May Babies Are The Heaviest : One would think that January sees the heaviest babies given all the holiday eating but this is untrue. May babies are usually about an average of 200 grams heavier than any other month.



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Great products for mums at www.breastmiles.com.au



PREGNANCY & BIRTH

BELLY BUTTER

Fluctuating hormones when you are pregnant can lead to skin dryness and sensitivities, not to mention being itchy from all that stretching. GAIA Pure Pregnancy Belly Butter will leave your 'baby bump' soft and supple.

Deeply moisturising and nourishing, it contains pure cocoa butter and organic shea butter, both well known for replenishing skin's vital moisture, maintaining suppleness and reducing the possibility and appearance of stretchmarks. \$17.95 from Gaia



KEEPING MUM DRY

Waking in the night to find a breast pad around your chin and your t-shirt soaking wet are now a thing of the past. The revolutionary Classic Breastfeeding Singlet uses patent pending Modifier Technology™ to wick, absorb and evaporate milk leaks and keep you dry and fresh, without the use of pads. The singlet is luxuriously soft loose fitting around the waist.

\$45.00 from Modibodi.com.au



PURE AIR

The Ultrasonic Vaporiser acts as an Air Purifier, Ioniser, Aroma Diffuser and Night Lamp. No more condensation, because there is no heating element, the ultrasonic wave technology works on the vibration of the water at such a speed that water vapours are dispersed into the atmosphere to add moisture to the environment. The unit stays cool to touch and the vapours are cool so it is perfectly safe to place anywhere in the room. \$99.95 from Essentials in a box



NATURALLY CLEAN

For centuries Goat's milk has been used as a traditional remedy for dry or problem skin. Natural Secrets Goats Milk re-invents this tradition leaving skin feeling wonderfully soft and smooth... naturally!

Carefully formulated to be 98% of natural origin and free from sulphates, petrochemicals, phosphate and animal fat.

Natural Secrets Goats Milk Soap is gentle on the skin, suitable for infants. \$3.49 for a single bar





BLANKET LOVE

Minimink specialises in soft, quality faux fur products. The original and best-selling newborn Baby Blanket, \$99.95, is now available in seven sweet colours. With a cream jersey lining, the 100cm square blanket is machine-washable and safe to tumble dry. Visit minimink.com.au.

CLEAN SHOULDERS

This Burp Cloth curves into the shape of your neck and generously covers your shoulder, chest and back. Organic cotton is fine, soft and strong. It is the ideal fabric for a baby's sensitive skin as it is grown and processed without the use of harmful chemicals. Organic Cotton does not endanger wildlife or human health. So you can rest assured you are getting the

most pure product, ensuring a healthy start for your baby. \$14.95 from naturebaby.com



ALL - IN - ONE

Breastfeeding is an extremely rewarding experience for both mother and baby. But women sometimes need extra care for their nipples and breasts during this special time. Medela have a really convenient solution for women who are breastfeeding. It provides the most essential products for caring for your sensitive nipples and breasts in a small and attractive bag. The small bag helps you to keep everything you need nicely organized at home and while you're out Visit [Medela](http://Medela.com) for stockists



SUPER SOFT

New to Merino Kids, are these gorgeous Lamb's Wool cot blankets that are delicate enough to place next to your baby's skin. They can be used in your bassinet, cot or on your child bed for extra comfort. They are available in three stunning colours - it will be hard to pick your favourite! \$129.95 from Merino Kids



BABY & TODDLER



SMALL AND NEAT

Weighing less than an iPhone and fitting in the palm of your hand, Supporti baby slings, \$63.75, are designed for you to carry bub safely without shoulder pain, plus they support your baby's spine.

Racing to do the groceries or running errands, ideal for dad to take bub for a walk, it's made for any time in the water or at the beach, it's the ultimate travelling companion. Visit littlem.com.au.

STEAM CLEAN!

The innovative Mam Microwave Steam Steriliser is the ideal support for everyday baby life and makes a perfect design statement in the kitchen.

The Steriliser is extra small so that it fits the majority of microwaves.

The grooves on the inside of the lid can be used to drain the sterilised products. Simply place the basket with products or the individual bottles inside.

\$39.99 from Babynest



NATURALLY SOFT

For centuries Goat's milk has been used as a traditional remedy for dry or problem skin. Natural Secrets Goats Milk re-invents this tradition leaving skin feeling wonderfully soft and smooth... naturally!

Carefully formulated to be 98% of natural origin and free from sulphates, petrochemicals, phosphate and animal fat.

Natural Secrets Goats Milk Soap is gentle on the skin, suitable for infants. \$3.49





ICE COLD

When the first teeth come through, it can be extremely uncomfortable for many babies.. These teethers from Nuk provide cool comfort to tender young gums during the arrival of new teeth,they are easy to hold and contain no PVC. Head to NUK.com.au for ordering info.

BABY EYES

Bath time is a special time to bond, play, and if there's still time, get clean! When choosing a baby shampoo, look for one that's extra mild and gentle, and made for baby skin and eyes. Your little one's skin is quite delicate (it can be up to 30% thinner than yours), and their delayed blink and tear reflexes mean they can't easily wash away irritants. All JOHNSON'S® baby products, those that carry the NO MORE TEARS® formula trademark are constantly being tested and reviewed to ensure they are, mild and effective. Available at most major retailers. www.Johnsonsbaby.com.au



SUPER CUTE

Rascal Racoon and his matching Grobag are set to become new favourites! Your little one will love this bright and super cute cheeky Racoon. Suitable from birth the comforter is machine washable made with a super soft polyester velour. The finger hole is wonderful to use as an interactive puppet for bedtime stories. \$14.95 from Grobag.com.au



BUG-A-LUGS

Fun, and Funky, Your heart will flutter when you see your little one in these adorable legwarmers and arm warmers. Protect that delicate baby skin with these

BabyNoBugs leggings. They are treated with Insect Shield which is all natural, EPA-registered and repels disease-causing insects like fleas, ticks, mosquitoes, and more! \$16 from BabesInArms



PRESCHOOL



Lice Advice

DON'T PANIC ANYONE CAN GET HEAD LICE, BUT THEY ARE MOST COMMON IN CHILDREN AGED BETWEEN FOUR AND 11. **JESSICA RILEY** HAS A LOOK AT VARIOUS METHODS OF TREATMENT.

Head lice can be found in all types and lengths of hair - having head lice is not a sign that your hair is dirty. They are just as often found living in clean hair. This may be because of children's close contact with each other at school. You can only get head lice through head to head contact. They cannot hop, fly or swim.

WHAT TO DO IF YOUR CHILD GETS HEAD LICE?

First, be open with friends, family and school about lice. Having lice doesn't mean you're a bad parent or a poor housekeeper; they're just part of being human. They have even been found on prehistoric mummies. Being matter-of-fact and bringing infestations out into the

open helps everyone. Hiding them only allows lice to continue to spread. Also make sure your child knows they haven't done anything wrong and that having lice is not a punishment or their fault, just a natural part of being a kid.

Not all people with lice itch. For those that do, the itching usually doesn't usually start until several weeks after the lice have arrived. Lice eat by injecting saliva into the scalp and sucking blood. The itching comes from becoming sensitized to the saliva. After a few weeks the allergy goes away. However, if you mention lice to most people, about 30% of

Head lice cannot complete their life cycle in bedding or on furniture or on any other animals such as dogs, cats, possums or birds

them will start scratching their heads!

There's no need to "decontaminate" your home. Head lice cannot complete their life cycle in bedding or on furniture or on any other animals such as dogs, cats, possums or birds.

As noted in the latest guidelines from National Health and Medical Research Council, there's no need to keep children home from school if treatment has commenced. It's a good idea to check, and treat if required, all the children and the adults in the family at the same time.

The first signs of head lice are itching and scratching, especially on the nape of the neck and behind the ears. When you look closely at your child's hair, you might see small, white, oval-shaped eggs attached to the root of the hair, near the scalp. The further away from the scalp the egg is, the longer it's been there (hair grows about 0.3 mm each day).

A complete getting rid of head lice regime usually consists of two treatments, a week or so apart. The first treatment kills the climbers, and the second kills the juvenile lice hatched

from the eggs over the intervening week.

No head lice product or insecticide currently kills all eggs, but is likely to kill the live lice. The problem is that eggs hatch at various stages of the life cycle and re-infestation occurs if you don't retreat the hair.

You must retreat on day 7 with the same product that worked on the first treatment

WHAT ARE NITS AND HEAD LICE?

Nits are the term given to the eggs of head lice, which stick to the hair close to the scalp.

From the time when the egg is laid until the live insect dies is about 33-35 days, and during that time they go from nymph to mature louse. Head lice are small, wingless insects that live, breed and feed on the human scalp and are transmitted by crawling from head to head or through sharing things like hairbrushes or hats; they do not carry or transmit disease.

They have been around for millions of years and, in fact, predate human evolution.

Direct contact is required for transmission from person to person. Lice will crawl from head to head without discrimination.

FINDING HEAD LICE

The easiest and most effective way to find head lice is to use the conditioner and comb treatment. This is effective but it can be time consuming. Getting infested children to sit still long enough to complete the process is probably more difficult than removing head lice themselves.

Keep your child distracted try reading a book or watching the TV or a DVD while you comb.

HOW TO DO IT:

- Use a commonly sold nit comb as they have more closely spaced teeth and are more reliable than louse combs, which have slightly more wide-spaced teeth. A metal comb works better than one with plastic teeth.
- Comb hair conditioner onto dry, brushed (detangled) hair. This makes it difficult for

(detangled) hair. This makes it difficult for lice to grip the hair or run around.

- Wipe the conditioner from the comb onto a paper towel or tissue.
- Look on the tissue and on the comb for lice and eggs.
- Repeat the combing for every part of the head at least four or five times.
- If the person has been treated recently and only hatched eggs are found, you may not have to treat them again, since the eggs could be from the old infection.
- If lice or eggs are found, the person should be treated.

Getting infested children to sit still long enough to complete the process is probably more difficult than removing head lice themselves.

TREATMENT

The two preferred treatment options available for initially treating head lice are the 'conditioner and comb' method and the use of an insecticide.

HOW TO DO A THOROUGH COMB-THROUGH

- Use a nit comb to get out as many nits or eggs as possible..
- Place a towel over the person's shoulders.
- Brush or comb the hair first with a regular brush and comb to remove tangles. Be sure to disinfect these with alcohol or boiling water after use. It's easiest to comb out slightly wet hair. For children with very curly hair, using a slightly diluted solution of water and conditioner, or a spray on detangler, can help make combing out easier.
- For short hair, begin on one side of the head and, taking a few strands of hair at a time,

carefully comb from the base of the scalp up, holding the nit comb at a sharp angle to the hair so no nits or lice can escape as you pull it through.

- Use a wooden skewer (with the tip slightly dulled by tapping it on a counter) to take up just a thin line of hair at a time or tweezers. Be careful not to scratch, scrape or cut the child's head as you go.
- For long hair, it can be helpful to divide the head into quadrants and twist it into ponytails or secure with hair clips, so hair that's been combed doesn't touch hair that hasn't.
- If you see something, grab it with your fingers or tweezers and inspect closely to make sure it's actually a louse. If it is, dunk it in the bowl of alcohol or water. This ensures you've killed it.
- Moving slowly and methodically, work your way across the head. Take only a few strands at a time and look closely to check for nits stuck to the base of the hair, usually within an inch of the scalp. Doing it outside in the sunlight is a very good way to see them.
- This is effective but it can be time consuming. Getting infested children to sit still long enough to complete the process is probably more difficult than removing head lice themselves. You can distract your child by discussing the day's events, reading a book or watching the TV or a DVD while you comb. Your child might also enjoy seeing how many dead lice come out of her hair

USING INSECTICIDE PRODUCTS

- Any head lice treatment product you choose should carry an Australian Registered or Listed number.
- If you use lotions, apply the product to dry hair. For shampoos, wet the hair, but use the least amount of water possible. . If you put the treatment on sopping wet hair, you're diluting the shampoo or treatment so

it's not going to work so well!

- Head lice live in the hair and go to the scalp to feed. Therefore, head lice products must be applied to all parts of the hair.
- First brush and comb the hair over the bathtub or sink to dislodge as many lice as possible. Some recommend moistening the hair first with water, conditioner or detangler to slow down the live lice and decrease the chance of lice spreading to you as you do the combing. Moistening helps the lice stick to the comb and not become airborne via static electricity.
- Then wash the hair using plain shampoo. It is very important not to use a 2-in-1 shampoo/conditioner, as the conditioner can make it difficult for the treatment to reach the lice. Note that many children's shampoos are 2-in-1 shampoo/conditioners.
- Towel-dry the hair until it is almost dry.
- Apply shampoo as per the instructions
- Rinse out with cool water over the sink, not in the shower or bathtub. This minimizes possible absorption through the skin.
- This counts as Day Zero. You will need to reapply your chosen treatment on Day 7 to kill any lice that may have hatched from eggs that were not killed by the first treatment.
- Now comes the tedious part. You need to use a nit comb to comb through the hair for possible nits and lice every day. This can be a quick 10-minute comb through each day or a full-head nit-removal inspection. The key is to do at least some looking every day to minimize the chance of any more eggs being laid.

TAKE CARE...

- if you are pregnant or breastfeeding
- in children less than 12 months old
- in people who have allergies, open wounds on the scalp, or asthma.
- All products can cause reactions.
- If you are unsure, check with your

pharmacist or doctor.

Insecticide resistance is complex and common, so you need to check that the lice are dead. If the insecticide has worked, the lice will be dead within 20 minutes.

If the lice are not dead, the treatment has not worked and the lice are resistant to the product and all products containing the same active compound.

Find a product with a different active compound or speak to your pharmacist or doctor.

No topical insecticide treatment kills 100 per cent of the eggs, so treatment must involve two applications, seven days apart.

If you choose not to use an insecticide, the comb and conditioner method described above can be used every second day until no live lice have been found for 10 days.

Both natural pesticides and chemical pesticide can be effective at treating head lice, however increasingly the evidence is showing that head lice are becoming resistant to the chemical treatment products. This will make it harder and harder to clear an infestation using a chemical based product.

Compliance is a very big problem when it comes to treatment products and the number one cause for parents thinking a head lice product has not worked. It is very important to read the direction of use and to follow them all; pharmacists and pharmacy assistants can help by explaining this to customers at the point of purchase. Treatments will start to work after the first application, but the full treatment must be completed to ensure the lice infestation is cleared.

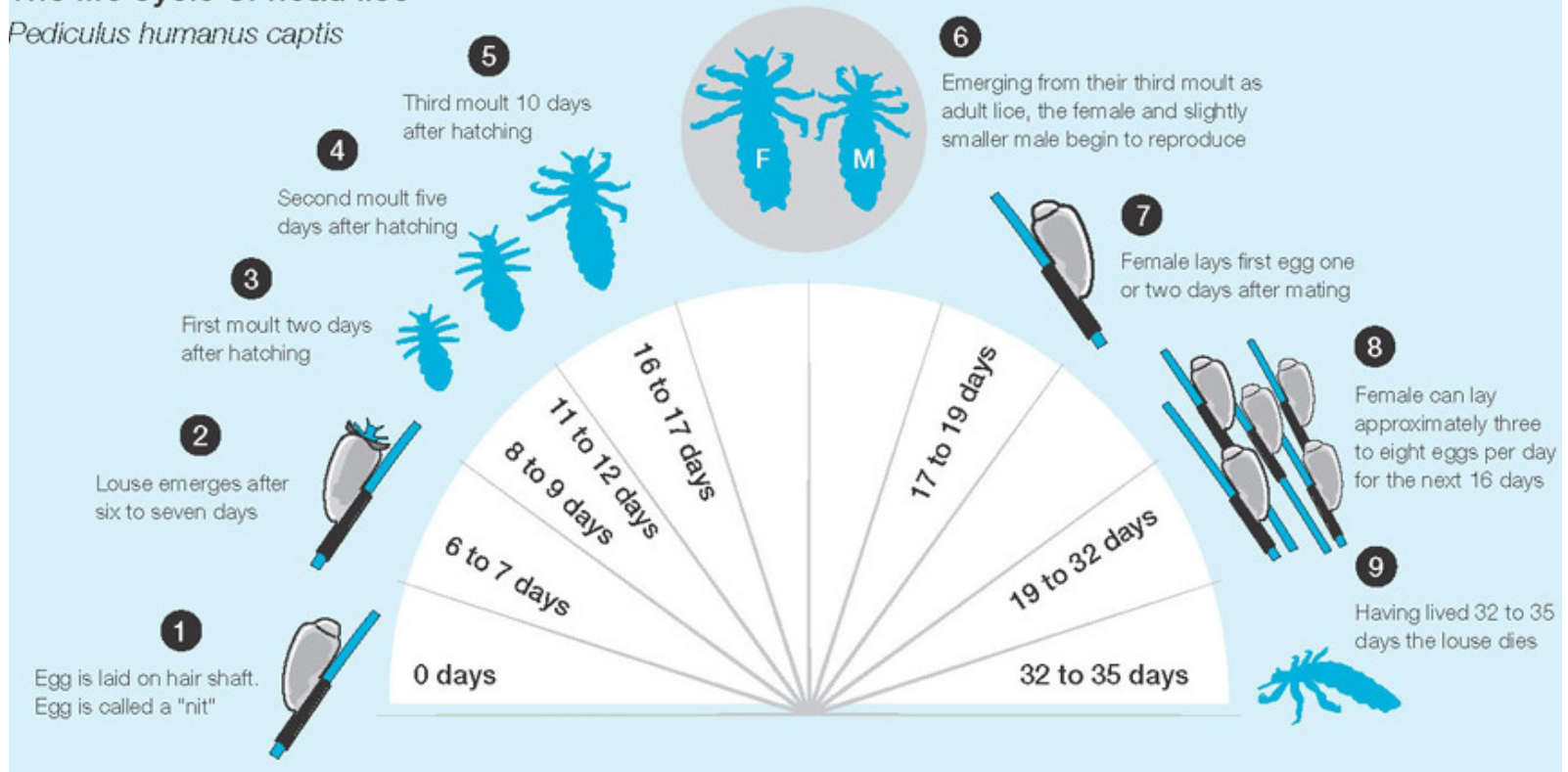
PREVENTING HEAD LICE

There is no product available that prevents head lice.

However, tying long hair back and checking weekly for lice, using the conditioner and comb

The life cycle of head lice

Pediculus humanus capitis



method, can help prevent the spread.

Lice are highly contagious and can easily spread between children in the same class, and throughout your family.

Check your whole family for lice. You might want to treat other family members if they complain of an itchy scalp, even if you don't find any lice or nits.

One option is to shave the child's head but just a buzz cut or extremely short hair cut won't get rid of lice.

Wash all your child's bedding (in particular the pillowcase), towels, blankets and clothes in hot water (at least 60°C).

Seal hats, sleeping bags, or other items that can't be washed easily in plastic bags for 2-3 weeks to kill the eggs. Soak all brushes and combs in anti-lice shampoo for several hours to disinfect them, then clean them in boiling water.

At the end of the day, the key to an effective strategy in your household will be to find a

treatment that your children will tolerate and that won't test your patience too much.

Take heart! The first time is the hardest. Nit-picking gets easier with practice, and by the second or third time you'll be an old hand at it. You'll also have a much better sense of what you're looking for and won't be easily fooled by hair plugs or dandruff.*

THINGS TO REMEMBER

- Head lice have been around for thousands of years and anyone can get them.
- Using the conditioner and comb method once each week will help your family control head lice.



Eye spy

DR SHANEL SHARMA IS AN OPHTHAMOLOGIST WITH A SPECIAL INTEREST IN PAEDIATRICS AND STRABISMUS TREATMENT USING BOTOX

Strabismus is the medical term referring to the eyes not looking in the same direction. It is commonly referred to as cross-eyed, squint or a lazy eye and it affects 2.5-4% [1-4] of the population.

In both children and adult, strabismus may indicate a serious underlying disease process and your medical practitioner should be consulted if a strabismus is suspected.

However many patients with strabismus do not have an underlying disease other than the presence of the strabismus. Your medical practitioner will refer you /your child to a Paediatric & Strabismus Eye surgeon.

The aim of treating a child with strabismus is to firstly achieve the best vision in each eye, then to optimally align the eyes and thirdly if possible to obtain binocular function.

During the consultation, your child will have

their vision tested, using an age appropriate test. The alignment will be assessed, and your child will have drops instilled that take about 45 minutes to work, which will allow the eye specialist to assess your child's retina and test for glasses.

The specialist will then advise further treatment options, which could include glasses, surgery, Botox or further investigations including scans.

The presence of strabismus can have a psychosocial impact on a child's development. Studies have demonstrated that children as young as 5-6 years of age, were found to have a negative social reaction towards their peers with a noticeable strabismus. These studies demonstrate that children with noticeable strabismus may be subjected to social alienation and social biases which can lead to



negative psychosocial development, particularly when experienced at a young age.

HOW STRABISMUS AFFECTS CHILDREN

The Psychological effects of having crossed eyes should not be minimized. Negative attitudes appear to emerge at approximately 6 years and increase with age. The Swiss researchers gathered 118 children, ages 3 to 12, with an average age of 7, and showed them photographs of six identical twin pairs, half boys and half girls. The photos were digitally altered so that one

“Strabismus, when it is noticeable by others, can interfere with a person’s self-image, be a source of ridicule, and can affect the way that individuals are perceived by others”

child had misaligned eyes and a darker or lighter shirt. The researchers asked the children which of the two “twins” they would invite to their birthday party. The children were asked to make a choice four different times, so that meant they could select the faces of up to four children with misaligned eyes. The children who were aged 6 and older were much less likely to invite a child with strabismus to their party. Although only one of the 31 children aged 4 to 6 didn’t select a single child with strabismus, 18 of the 48 children aged 6 to 8 did not. None of the children aged 6 to 8 chose a child with strabismus all four times, but three of the children aged 4 to 6 did. When asked if they noticed anything in particular about the twins, the percentage of kids who made specific comments about the eyes increased with age:

- 19% of kids aged 4 to 6 commented on eye

alignment without being asked to pay attention to eyes.

- 48% of kids aged 6 to 8 commented on the eyes without being asked to notice eyes.
- Strabismus in adults, when it is noticeable by others, can interfere with a person’s self-image, be a source of ridicule, and can affect the way that individuals are perceived by others.

HOW IS IT TREATED?

There are two key methods, which can be used to align the eyes, either Botulinum toxin A (Botox) injection(s) or surgery or a combination of both. In children, surgery is the commonest treatment of choice. Strabismus surgery is performed under general anesthesia and the muscle is either tightened or weakened to help improve alignment. On average, strabismus surgery lasts approximately 10 years. In some children, Botulinum toxin A is a suitable additional or alternative option. In children, Botox is given under general anesthesia. There is newer research suggesting that Botox could be used more frequently in children, **however**, more data is needed to support this assertion. Childhood strabismus can recur in adulthood. In adults, the treatment options to improve the alignment of the eyes include both surgery and Botox, either independently or in combination with each other, or other treatment options. Botox is used as a temporary treatment that lasts on average three months and can be used to treat small to large angle strabismus. The toxin is injected under local anesthetic with electromyographic guidance (an fine electrode which helps ensure that the injection is placed in the muscle). In a small number of patients who undergo Botox injections, the effect will be longer lasting as the patient’s brain is able to maintain alignment after the Botox has worn off.

This means that the person has not had to undergo an operation.

There is a much quicker recovery time, as patients are often uncomfortable after strabismus surgery for several weeks until the stitches dissolve.

Furthermore the muscles do not need to be cut or moved.

At present there are less than a handful of ophthalmologists in Australia who are trained and can offer both Botox and Surgery as treatment options.

For other patients Botox injections may be given repeatedly as a way of maintaining ocular alignment. This is often the best treatment option in someone who is unable to undergo surgery, either because they cannot undertake a general anesthetic or the eye has poor vision. It is also an option in people who have a strabismus despite having undergone previous surgery, or in conditions with progressive disease, such as in thyroid eye disease.

Strabismus surgery is a good treatment option for many adult patients, particularly those with no or limited previous surgery. In adults, I often perform an adjustable suture technique, where the majority of the surgery is performed with the patient under general anesthetic and the final muscle position is fine tuned after the patient has been woken up. These options are best discussed with your Strabismus surgeon.

Contact Dr Sharma at Eye&laser.com.au

Or (02) 9387 5300

ref:

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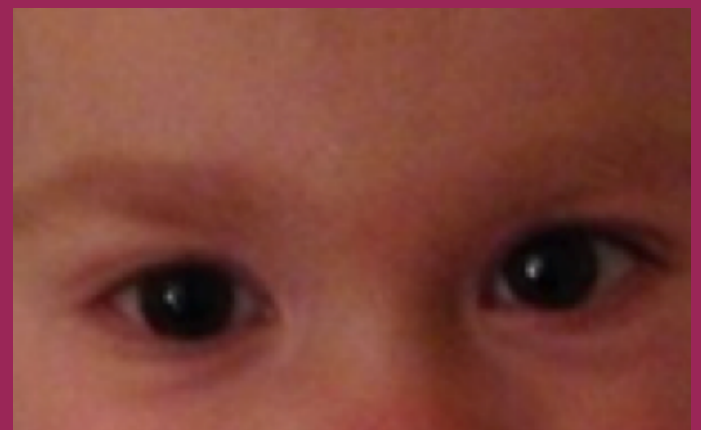
CASE STUDY:



6 weeks after surgery to decompress the abscess

An 18 month old boy presented with a new strabismus of 2 days duration. He had an abscess in the brain causing pressure on his right sixth cranial nerve (weakening the muscle that turns the right eye outwards). He underwent urgent surgery to treat the infection.

He presented 6 weeks later for a second opinion, as he still had an eye turn. His family, had been advised to wait until 8 years of age before undergoing strabismus surgery. We performed Botox injections in his eye muscles, and 18 months later he is still aligned. He has not required any strabismus surgery to date.



A few months after Botox injection

PRESCHOOL



Naughty or nice?

TRY THESE TIPS TO ENCOURAGE THE BEHAVIOUR YOU WANT IN YOUR CHILD.

1 Children do as you do. Your child watches you to get clues on how to behave in the world. You're her role model, so use your own behaviour to guide her. What you do is often much more important than what you say. If you want your child to say 'please', say it yourself. If you don't want your child to raise her voice, speak quietly and gently yourself.

2 Show your child how you feel. Tell him honestly how his behaviour affects you. This will help him see his her own feelings in yours, like a mirror. This is called empathy. By the age of three, children can show real empathy. So you might say, 'I'm getting upset because there is so much noise I can't talk on the phone'. When you start the sentence with 'I', it gives your child the chance to see things from your perspective.

3 Catch her being 'good'. This simply means that when your child is behaving in a way you like, you can give her some

positive feedback. For example, 'Wow, you are playing so nicely. I really like the way you are keeping all the blocks on the table'. This works better than waiting for the blocks to come crashing to the floor before you take notice and bark, 'Hey, stop that'. This positive feedback is sometimes called 'descriptive praise'. Try to say six positive comments (praise and encouragement) for every negative comment (criticisms and reprimands). The 6-1 ratio keeps things in balance. Remember that if children have a choice only between no attention or negative attention, they will seek out negative attention.

4 Get down to your child's level. Kneeling or squatting down next to children is a very powerful tool for communicating positively with them. Getting close allows you to tune in to what they might be feeling or thinking. It also helps them focus on what you are saying or asking for. If you are close to your child and have his

attention, there is no need to make him look at you.

5 'I hear you.' Active listening is another tool for helping young children cope with their emotions. They tend to get frustrated a lot, especially if they can't express themselves well enough verbally. When you repeat back to them what you think they might be feeling, it helps to relieve some of their tension. It also makes them feel respected and comforted. It can diffuse many potential temper tantrums.

“When you follow through on your promises, good or bad, your child learns to trust and respect you.”

6 Keep promises. Stick to agreements. When you follow through on your promises, good or bad, your child learns to trust and respect you. So when you promise to go for a walk after she picks up her toys, make sure you have your walking shoes handy. When you say you will leave the library if she doesn't stop running around, be prepared to leave straight away. No need to make a fuss about it – the more matter of fact, the better. This helps your child feel more secure, because it creates a consistent and predictable environment.

7 Reduce temptation. Your glasses look like so much fun to play with – it's hard for children to remember not to touch. Reduce the chance for innocent but costly exploration by keeping that stuff out of sight.

8 Choose your battles. Before you get involved in anything your child is doing – especially to say 'no' or 'stop' – ask yourself if it really matters. By keeping instructions, requests and negative feedback to a minimum, you create less opportunity for

conflict and bad feelings. Rules are important, but use them only when it's really important.

9 Whining: be strong. Kids don't want to be annoying. By giving in when they're whining for something, we train them to do it more – even if we don't mean to. 'No' means 'no', not maybe, so don't say it unless you mean it. If you say 'no' and then give in, children will be whine even more the next time, hoping to get lucky again.

10 Keep it simple and positive. If you can give clear instructions in simple terms, your child will know what is expected of him. ('Please hold my hand when we cross the road.') Stating things in a positive way gets their heads thinking in the right direction. For example, 'Please shut the gate' is better than 'Don't leave the gate open'.

11 Responsibility and consequences. As children get older, you can give them more responsibility for their own behaviour. You can also give them the chance to experience the natural consequences of that behaviour. You don't have to be the bad guy all the time. For example, if your child forgot to put her lunch box in her bag, she will go hungry at lunch time. It is her hunger and her consequence. It won't hurt her to go hungry just that one time. Sometimes, with the best intentions, we do so much for our children that we don't allow them to learn for themselves. At other times you need to provide consequences for unacceptable or dangerous behaviour. For these times, it is best to ensure that you have explained the consequences and that your children have agreed to them in advance.

12 Say it once and move on. It is surprising how much your child is listening even though he might not

have the social maturity to tell you. Nagging and criticising is boring for you and doesn't work. Your child will just end up tuning you out and wonder why you get more upset. If you want to give him one last chance to cooperate, remind him of the consequences for not cooperating. Then start counting to three.

13 Make your child feel important. Children love it when they can contribute to the family. Start introducing some simple chores or things that she can do to play her own important part in helping the household. This will make her feel important and she'll take pride in helping out. If you can give your child lots of practice doing a chore, she will get better at it and will keep trying harder. Safe chores help children feel responsible, build their self-esteem and help you out too.

14 Prepare for challenging situations. There are times when looking after your child and doing things you need to do will be tricky. Give him a five-minute warning before you need him to change activities. Talk to him about why you need his cooperation. Then he is prepared for what you expect.

15 Maintain a sense of humour. Another way of diffusing tension and possible conflict is to use humour and fun. You can pretend to become the menacing tickle monster or make animal noises. But humour at your child's expense won't help. Young children are easily hurt by parental 'teasing'. Humour that has you both laughing is great. Sourced from http://raisingchildren.net.au/articles/encouraging_good_behaviour.html/context/727

FINALLY, A DIFFERENT WAY OF PARENTING!

If you feel uncomfortable with the traditional authoritarian parenting style then *Raising Competent Children* is a "must-have". It is full of inspiration on how to raise competent children and how to develop relationships based on equal dignity, integrity and authenticity, and how to support your children developing self-responsibility – both personal and social.

Raising Competent Children is easy to read and draws on examples from everyday life. The author, Jesper Juul, is the founder of FamilyLab and a renowned authority on the family. He has written a number of best-sellers and must-have books.

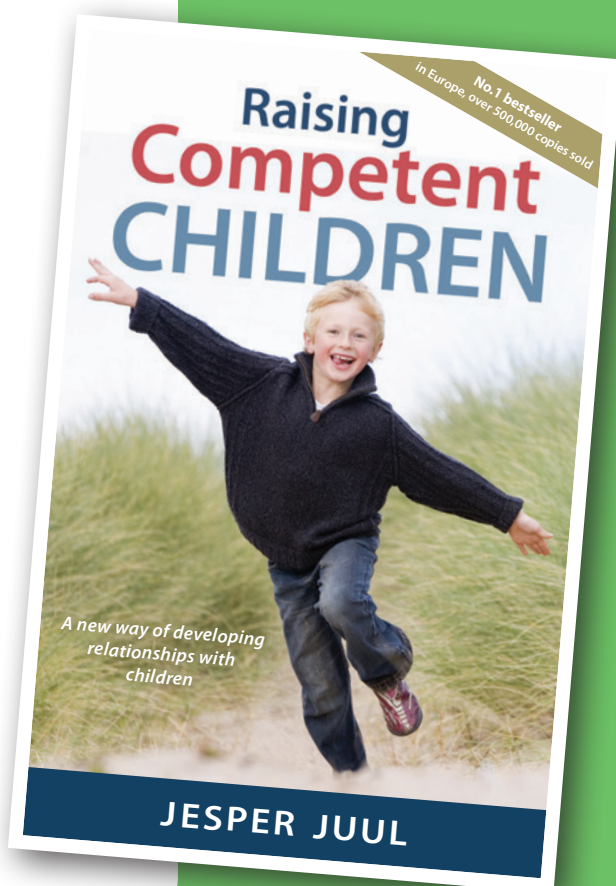
"Jesper Juul is one of the twelve leading enlighteners, thinkers and visionaries." *Die ZEIT* Germany's largest weekly newspaper

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PRESCHOOLER & BIG

BACK-TO-SCHOOL

Encourage children to take care of their things by making it easier for them to identify them. The ideal starter pack for children going into child care or preschool. Included in the pack are 40 big stickers, 40 small stickers, 6 pairs shoe labels, 1 bag tag, 25 standard iron-on clothing labels and 40 mini iron-on clothing labels (navy blue lettering).

Available from *My Name Label*



RED RIDING HOOD

These fairy tale red riding hood capes are beautiful as a dress up and double as a warm winter garment, your little girl can express her individuality with these beautiful red cape.

The hooded capes have an outer layer of corduroy and are fully

lined with cotton fabric. The capes fasten at the neck with a snap fastener and satin ribbons that tie in a bow.

Boys options also available. \$45.00 from Ted and Toot



ALL IN ONE

Nothing makes a child feel more like a big kid than the first lunch box they can call their very own. These are made of coated linen and have a clean, modern feel with a palette of retro-inspired designs

Wear it backpack or messenger style for hands free adventure outings!

\$31.99 from So young.ca



NATURALLY GOOD

Only Organic make tasty, nutritious meals and snacks for your little ones. They were the first certified babyfood range in New Zealand and Australia - and they only use the best organic ingredients from certified organic farms to give a burst of meadow goodness in every mouthful. Only Organic bunnies pasta is created with the goodness of durum wheat in fun shapes that your children will love.

Perfect with Only Organic kindy pasta sauces.

From Onlyorganic.com.au



KIDS

BAREFOOT KIDS

They're flexible, lightweight and puncture-resistant and perfect for letting your kids run wild. These shoes are built for kids who love the playground. Designed to let developing feet thrive as if they were barefoot, ensure your kid's feet become strong and healthy. Wherever their feet take them; from bedroom spaceships to sloshing in mud rivers and climbing trees, give your kids feet a great start in life. Let them run free, as nature intended Vivobarefoot kids shoes from \$89.99



TUMBLING ICONS

A table does not have to have 4 legs and a chair is not something you sit on. bObles has been designed to allow childrens fantasy and creativity during play to merge with adults expectations for design, functionality and quality. The furniture is able, to tilt, rock and roll, it bounces balances and is stackable, and helps the child to develop their motor function Various prices from Exquira.com

MESS MATE!

Wipe your little one's messy face and dirty fingers with Aussie Wipes, the only Australian owned and manufactured wipes. And the bonus? They've partnered with SIDS and Kids to launch Red Nose Baby Wipes, for which five percent of sales are directed to funding vital research into stillbirth. Get them from

aussiewipes.com.au in travel packs, unscented and scented. They are priced from \$4.50.



TAME YOUR TANLGES

Back to school time so it's haircuts and hair-ties! Keeping little ones hair tied up helps in keeping nits and lice at bay, the Detangler has ultra flexible bristles that glide effortlessly through tangles and knots. The contoured bristles form to the shape of the scalp so no more fights to get hair brushed. Available from Woolworths





Tech: THE NEW WAY TO TEACH

The way children learn in the classroom is changing, and for the better!

Perth Primary School have introduced a revolutionary mobile technology to allow children to cut over an hour a week off of the time they're sitting in class.

Research presented at the Sports Medicine Australia be active 2014 conference will change the way kids move, learn and behave in the classroom and is being hailed as a solution to childhood inactivity.

The 1:1 iPad program study, led by Curtin University Postdoctoral Research Fellow Dr Erin Howie, was coupled with dynamic new stools, bean bags and couches which together allowed children to be more active for 15 minutes per day, over a week this adds up!

The modern day way of learning is slowly being more accepted into the contemporary

classroom. The study also found that with the new use of technology there were less student interruptions, and improved posture from those involved.

Technology needs to be harnessed to allow a more flexible student learning environment, where children move more, behave better and most importantly learn more. www.beactive.com.au



FOOD stars!

Soon parents will be able to more easily be able to make healthy food options for their families through the introduction of the new Health Star Rating labels on food products.

The labels will be taking into account the four major aspects of food that you need to worry about, that is energy, saturated fat, total sugars and the sodium content.

The healthier food, the higher the stars. Some products have already been released with the labels, but you will soon see more labels appearing on food products in supermarkets across Australia.



The hope is that the launch of the health star system will drive companies to create healthier formulations of their most popular everyday products, benefitting everyone from your children to consumers to the major companies. Look out for the Health Star Ratings in a supermarket near you to help you make informed decisions which will benefit your whole family. www.foodstars.com.au

KIDS

COMPUTER *code is the new literacy*

University of Adelaide computer scientists are helping spread computer programming skills into primary school classrooms across the country. They believe “coding” for young children is becoming as essential as maths, reading and writing.

University’s Associate Professor Katrina Falkner says children need to learn about digital technology – not just how to use it but how it works and how to create it. “It is only by starting in the early years that we can teach code as the essential literacy that it has become.”

The free course is available online until the end of February. Participants complete a portfolio of assessed activities at their own pace.

<https://csdigitaltech.appspot.com/course>

Q&A



Should we worry about two biting episodes with our two-and-a-half-year-old son? What is the right way to deal with biting incidents?

I find 18 months to three years to be the dominant age group for biting – lovely new fangs, sweet, soft cherubic skin, and not enough words to offer less aggressive alternatives, as well as the attention and power they get when carers come rushing and the victim goes off screaming, are too much to resist.

Generally the solution involves no lectures or moral arguments. Catch them in the act if you can and deliver a sharp, quite loud ‘Uh, uh’ or ‘No, no’ right by their ear to produce a slight shock reaction, so they come to associate biting another person with shock or aversion. Pay lots of attention to the victim and make sure the culprit does something positive to make up for their action. In other words, life is about learning and part of that is, when they’ve hurt someone or made a mistake, learning how to fix it.

Also check where and when it’s happening – is it always with the same child, always when they’re tired, only at day care? Having information about what’s stressing them may help you minimise the likelihood of excessive biting.

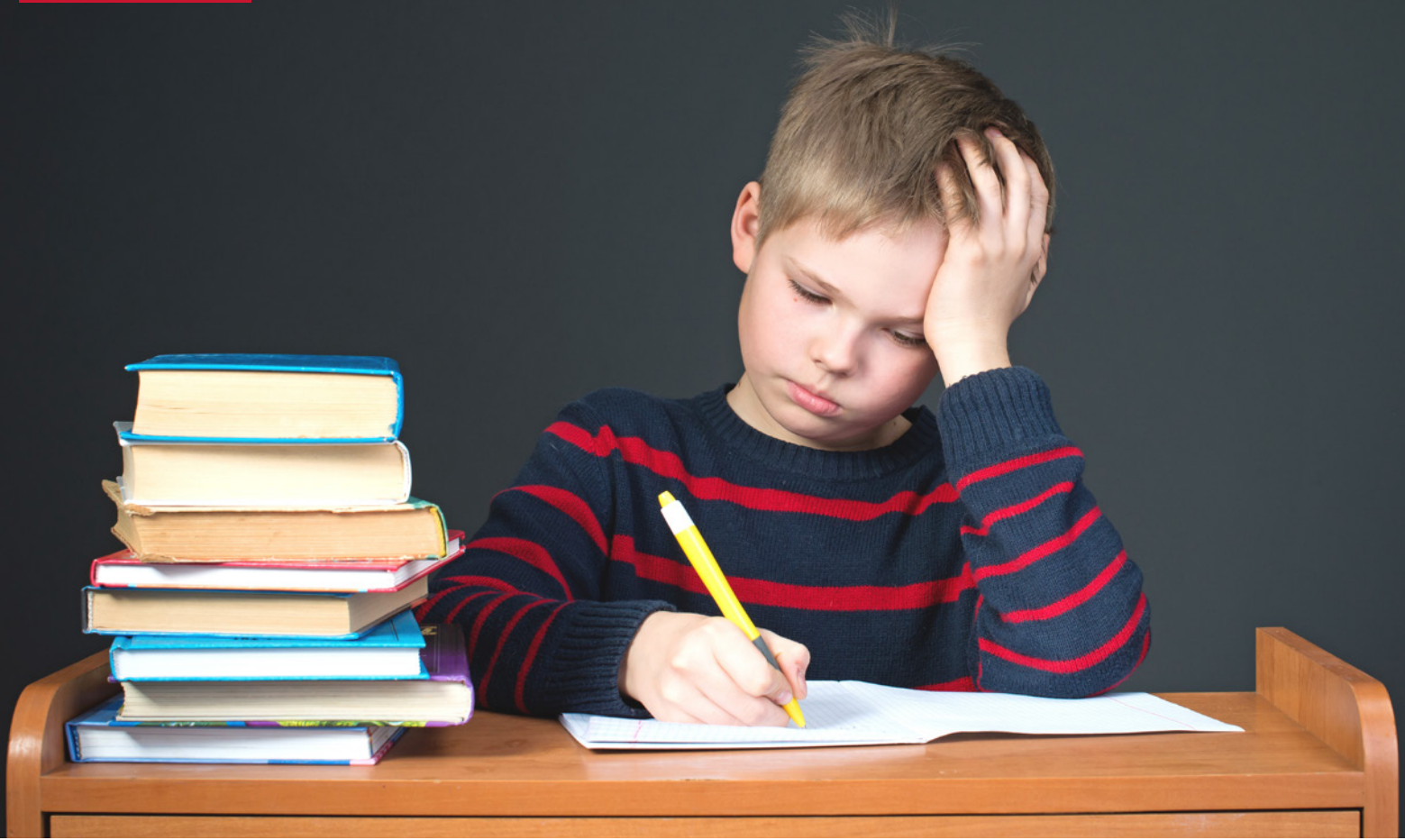
Dr John Irvine is a child psychologist.

DADDY’S *little girl*

The University of Newcastle researchers have developed a lifestyle program to get Dads and Daughters together completing a range of physical activities designed to empower, improve fitness and optimise their social-emotional well-being.

The ‘Dads and Daughters Exercising and Empowered’ or DADEE program has discovered that 80 percent of female youth fail to meet fitness and physical activity requirement. They’re planning on changing that when the program is rolled out in schools in Newcastle in terms one and two of 2015.

To get involved in the initial trial of 50 families register your interest by emailing DADEE@newcastle.edu.au or phone (02) 4921 6566. www.newcastle.edu.au



HELP WITH HOMEWORK

MADELINE MITCHELL, PRIMARY SCHOOL TEACHER AND OWNER OF HI IQ TUTORING AND EDUCATION CENTRE IN BONDI JUNCTION OFFERS THESE SIMPLE 'HOMEWORK HELPER' IDEAS TO ASSIST PARENTS IN THE HOMEWORK BATTLE!

The new school year has begun and so has the dreaded homework! For many families homework is a constant battle between parents and children to get the homework completed on time. The arguments, the excuses, the procrastination

and the overall frustration experienced in the household leads many parents to ask the question "Is there any benefit to homework?"

The answer is 'yes', depending on the quality and relevance of the homework. Homework is a great opportunity for children

to reinforce and consolidate their learning from the classroom. It should be an opportunity for parents to see what their child is learning at school and offer minimal assistance when necessary.

“The arguments, the excuses, the procrastination and the overall frustration experienced in the household leads many parents to ask the question “Is there any benefit to homework?”

The big question is how to get your child to complete their homework on time and still juggle after school commitments such as sport training, music lessons and general household events.

Like many aspects of a child's development, the key to 'stress free homework' is routine and reward! Much easier said than done!!! Trial a few techniques throughout the school year and adjust your strategies as necessary.

Here are a few simple tips to help you establish some valuable homework routines and rewards in your household:

- Set a day and a time and try to stick with it!
For example on Monday and Tuesday from 3:30-4:15 this is homework time!
- Negotiate with your child a before and after homework activity or routine for example 'When you get home from school you can have afternoon tea and 30 minutes free play before you do your homework'. 'After you finish your homework you can have 30 minutes on the iPad'.
The time before and after homework is part of the routine.
- Be realistic about time frames. It is usually more beneficial for a child to complete their homework over a couple of shorter

sessions rather than one longer session. This is trial and error and will depend on the individual child.

- Establish a 'workspace' where your child completes their homework. Try to make this space the same each time your child does work from home. It should have a decent desk and chair, natural light and be uncluttered.
A desk in the corner that is covered in books and papers is not a stimulating learning environment.
- Avoid allowing your child to procrastinate. This turns homework into a longer and more painful event than it needs to be. Get it done and then you're done!
- Offer assistance when necessary but avoid 'doing' your child's homework.
If the homework is too hard for your child to do without assistance then you may need to mention this to the classroom teacher.
- Remember the 'Three P's' – ***patience, persistence and praise!***
- Negotiate rewards with your child for completing their homework on time and to the best of their ability.
- Call upon reinforcements if necessary. Utilise any extra help you have to assist in homework sessions and getting it completed.
- Try to avoid showing your own 'dread' of homework. Stay positive and make sure you say positive things to your child regarding their homework.

Remember that homework is a great opportunity for children to consolidate concepts covered in the classroom. Talk to your child about their homework and try to make it an enjoyable learning experience.✱

For more information or to inquire about the 'homework Helpers' sessions on offer at Hi iQ visit our website www.hiiq.com.au

How do you spell love
piglet?

You don't spell love
Pooh, you feel it.

AA MILNE



